

Availability of food for all

Objective

To be sensitised to the subject of food insecurity among the vast section of the people.

Background

India is an agricultural country. Food is essential for life and as such necessary amount of food should be available to all the people. However, a large section of our population is deprived of adequate food supply due to different reasons such as less production, unavailability and non-affordability. Whatever the reason, it leads to malnutrition and other nutritional disorders among those who are deprived of adequate food.



Methodology

This project can be done in a group. Data can be collected based on the given questionnaire. Respondents could be both male and female, mainly from economically weaker sections.

Questionnaire

1. What is the gross income of the family?
2. What is the household expenditure pattern on different items such as food, clothing, housing, fodder, medicines, entertainment, education, transport?
3. Is the expenditure marked for food items enough to meet the food requirement?
4. Is enough food available for all the persons? If not, why?
5. From where do they get the food items?



6. What is the approximate cost and affordability of nutrition per person in the family?

Monthly income of a family =

S.No	Items	Monthly Expenditure(In Rupees)
1	Food	
2	Cloth	
3	Domestic Expenditure	
4	Medicines	
5	Education	
6	Transport	
7	Entertainment	
8	Others	
Total expenditure in month =		

7. Which deficiency disease is prevalent? Is malnutrition prevalent?

Conclusion

Eating different varieties of food lead to the way to grow different crops. If we want to take nutritious food we should recognize that they are cheaply available in leafy vegetables and vegetables we should eat different leafy vegetables, pulses and fruits. Locally available fruits like Guava, Mango, Custard apples, are less expensive as well as healthy.

In our weekly menu there should be rice, jowar, ragi, wheat, different types of vegetables and fruits. Though we spend more money on healthy food, it helps in keeping a health in our health in good condition so that we can avoid expenses in ill-health.

Write a report about the food scarcity of the respondents based on your observation.

Follow-up

1. Organise a campaign to sensitise people and make them aware of less expensive nutritious food.
2. Organise a campaign to sensitise people about consuming locally available food items.
3. Cultivating the habit of eating different varieties of food material is also an eco friendly activity. Is not it? Why?