

# Food Security

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## Improve your learning

### Q. 1. Correct the false statements

- (i) Increase in food production alone ensures food security
- (ii) It is important to encourage mono-crop cultivation to ensure food security
- (iii) Low-calorie intake is higher among people with low income
- (iv) Legislations have an important role to play in ensuring food security
- (v) PDS system could be used to address the issue of child nutrition

**Answer :** (i) This statement is incorrect. Increase in food production alone does not ensure food security. The prices of food grains, the ease of access to procure food grains, adequate utilization and stability are also equally important for the same.

(ii) This statement is incorrect. Multiple cropping and crop rotation are important to ensure food security.

(iii) This statement is correct.

(iv) This statement is correct.

(V) This statement is correct.

**Q. 2. The consumption of calories has consistently \_\_\_\_\_ in rural areas. The average per capita calorie consumption in 2004-05 is \_\_\_\_\_ than the required calories. The minimum calorie consumption for persons living in urban areas is 2100 calories. The difference between actual calorie consumption in 2004-05 and the required calorie consumption in urban areas is \_\_\_\_\_.**

**Answer :** The consumption of calories has consistently **decreased** in rural areas. The average per capita calorie consumption in 2004-05 is **2047** than the required calories. The minimum calorie consumption for persons living in urban areas is 2100 calories. The difference between actual calorie consumption in 2004-05 and the required calorie consumption in urban areas is **2400**.

**Q. 3. Suppose that the foodgrain production has been affected in a particular year because of natural calamity. In what ways can the government ensure higher availability of food grains for the year?**

**Answer :** A country affected with a natural calamity faces serious food security issues. However, if the government takes the following steps, it can recover at a quicker pace:

1. A country's economy must be producing food for the nation as a whole.
2. The government must take out its stock of food grains for the consumption of the people.
3. The government can import foodgrains from other countries to increase availability.
4. The total amount of food grains available would be the production of food grains during that year plus net imports minus change in stock with the government.
5. This stock is released and maintained by the government through FCI. FCI release buffer stock according to the needs and availability of food grains.
6. The food grain can be sold to people at a subsidized price. This is the universal public distribution system.

If the government undertakes the above steps in a careful, well thought out manner, the country can have adequate availability of food grains throughout the year for its citizens.

**Q. 4. Use an imaginary example from your context to describe the relationship between underweight and access to food. (AS4)**

**Answer :** 1. Nutritionists have stated a close relationship between underweight and access to food.

2. The problem of underweight is caused by illness and food intolerance.
3. The National Institute of Nutrition, Hyderabad conducted a survey across many states in India and had given out shocking results.
4. A recent survey among 7000 children in the age- group 1-5 years, shows that 45% of them are underweight. These children are hungry and not getting adequate food. This makes 50% of the children in this country to be malnourished.
5. When the children are malnourished for a long time, it affects their health. Such as, it might stunt their height and weaker bones.
6. About 80% of people in rural areas consume food that is below the calorie standard. The major reason behind this low-calorie intake is the lack of purchasing power of the people.
7. People also lack awareness about the nutritional values of the foods. Even families who have a decent income are not feeding their children properly.

**Q. 5. Analyze a week's food habits of your family. Create a table to explain nutrition elements included in it.**

**Answer :**

DAY	FOOD	NUTRITION ELEMENT
1.	EGG, RICE	PROTEIN, CARBOHYDRATE
2.	WHEAT, FISH	PROTEIN
3.	POTATO, RICE	CARBOHYDRATE
4.	DAL, VEGETABLE, RICE	PROTEIN, CARBOHYDRATE
5.	CHICKEN, WHEAT	PROTEIN, CARBOHYDRATE
6.	FRUITS, MILK	VITAMINS, PROTEIN
7.	RICE, VEGETABLE, FRUITS	CARBOHYDRATE, PROTEIN. VITAMIN

**Q. 6. Describe the relationship between the increase in food production and food security.**

**Answer :** There is a close relationship between food production and food security. This can be explained by the following points:

1. Food security requires that abundant, yet sufficient quantity of food is produced within a specific year.
2. To increase food production, adequate methods of farming must be employed.
3. This includes the use of high-quality seeds, fertilizers, pesticides, insecticides, etc. Adequate irrigation techniques must be used as well.
4. This also involves using a proper crop producing method such as crop rotation and multiple cropping. Also, using techniques such as a drought-resistant variety of seeds or any seeds according to the climatic conditions of that area.
5. Soil and other resources must be properly used and made sure, that they are not depleted or damaged.
6. The Indian government introduced an Act in 2012, called the National Food Security Act. According to this Act, every person from a low-income family is entitled to receive 5kg of foodgrains per month at subsidized rates.
7. Other activities such as poultry and fishing must also be focused upon. The consumers, nowadays prefer a balanced diet, so it is helpful for ensuring food security.

**8.** The government must take out its stock of food grains for the consumption of the people. It can also import foodgrains from other countries to increase availability.

**9.** The total amount of food grains available would be the production of food grains during that year plus net imports minus change in stock with the government.

So, the government can employ all these steps to ensure food security through food production. However, this must be incorporated in a well-thought manner so as to balance between the food crops and nonfood crops.

**Q. 7. Give reasons to argue for the following statements “Public Distribution System can ensure better food security for people.”**

**Answer :** Public distribution system is a government-sponsored chain of shops. They distribute basic food and non-food goods to the needy sections of the society at a very low price. Public Distribution System can definitely ensure better food security for people. The arguments in support of this statement are:

**1.** It is the responsibility of the government to ensure food is supplied to the people at all times.

**2.** PDS can ensure food security by procuring food at proper intervals and using an adequate distribution method.

**3.** PDS ensures that BPL-Below poverty lines families are provided with foods at low prices.

**4.** Ration shops are also important, especially in Southern India, to provide food to the needy.

**Q. 8. Make similar posters about food security.**

**Answer :**

**TO A MAN WITH  
A HUNGRY STOMACH.....**

**FOOD IS GOD**

A close-up photograph of a pair of weathered, brown hands held palm-up. A small, silver coin is resting in the center of the palms. The background is dark and out of focus.

**HUNGER IS NOT  
AN ISSUE OF  
CHARITY...**

**IT IS A MATTER  
OF JUSTICE...**