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PATTERN OF FOOD CONSUMPTION AMONG AGRICULTURAL POPULATION IN BUDAUN (UTTAR PRADESH)

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The purpose of this paper is to estimate (i) the pattern of food consumption among agricultural population and (ii) the effect of the size of holding on the consumption pattern in Budaun district (U.P.).

Plan of Enquiry

There is no information available pertaining to level of consumption among rural and urban families in Budaun district. With a view to make quantitative and qualitative estimates of consumption a survey of 2 per cent of the villages selected purely on random sampling basis was undertaken during 1959 as a part of Ph.D. thesis. For the purpose of sampling the district was considered as one unit. In each village a list of all the landholders was prepared with the help of Panchayat records. After ascertaining their size of holding they were classified into five group-size. From each group-size 10 per cent of the holdings were selected for detailed investigations. The number of families selected for investigation in each category is given in Table I.

TABLE I—CLASSIFICATION OF FAMILIES ACCORDING TO SIZE OF HOLDING AND NUMBER
OF FAMILIES INVESTIGATED IN EACH GROUP

S. No.	Size-group	No. of families investigated
1.	Cultivators having upto 1 acre of land	26
2.	Cultivators having 1 to 2.5 acres of land	61
3.	Cultivators having 2.5 to 5 acres of land	89
4.	Cultivators having 5 to 10 acres of land	90
5.	Cultivators having more than 10 acres of land	54
	Total ..	320

Thus the study covers 320 holdings distributed in various size-groups of holdings in 36 villages located in different parts of Budaun district.

There does exist some difference in the pattern of consumption between the rural and urban families and also between landholders and the landless. However, these differences are likely to disappear when families possessing less than one

acre of land, *i.e.*, practically landless and families possessing more than 10 acres of land quite comparable with middle class urban group are included in the investigations.

Pattern of Food Consumption

The food habit of the people in a region is generally governed by the availability of agricultural products locally. In Budaun the main staple food is wheat. However, the people with low income generally consume more of coarse grains like barley, maize, bajra and jowar. The quantity of food consumed by families in different group-size as investigated is given in Table II.

TABLE II—QUANTITY OF FOOD CONSUMED PER HEAD PER DAY
(in ounces)

Commodity	Size-group in acres.					All 320 families
	upto 1	1 to 2.5	2.5 to 5.0	5.0 to 10.0	above 10	
Wheat	1.23	3.74	5.87	8.27	9.15	6.32
Barley	3.27	1.86	1.92	1.42	0.84	1.70
Rice	1.12	1.19	1.56	2.28	2.65	1.84
Bajra	4.24	4.86	3.74	4.11	3.42	4.04
Maize	2.22	2.92	1.95	0.23	0.64	1.45
Other cereals	1.84	0.98	1.46	0.44	0.22	0.90
Total cereals	13.92	15.55	16.50	16.75	16.92	16.25
Gram	3.84	3.76	4.21	4.35	4.07	4.11
<i>Arhar</i>	0.96	0.73	0.43	0.62	0.42	0.58
<i>Urd</i>	0.73	0.96	0.82	1.11	1.34	1.01
Peas	0.84	0.48	0.87	0.94	1.32	0.89
Other pulses	0.16	0.59	0.32	0.21	0.25	0.32
Total pulses	6.53	6.52	6.65	7.23	7.40	6.91
<i>Gur</i> and Sugar	0.69	0.54	0.96	1.25	2.67	1.23
Mustard Oil and Ghee	0.08	0.12	0.27	0.36	0.52	0.29
Milk	0.28	1.24	3.24	5.42	6.28	3.74
Vegetables	0.27	0.43	1.12	1.65	2.15	1.24

The investigations reveal that cereals and pulses occupy the most important place in the diet of agricultural families in Budaun. Consumption of pulses in all the size-groups of holdings is high because gram is generally consumed as a cereal along with wheat in mixture, but is classified as a pulse. Further, the consumption of superior foodgrains increases with the increase in the size of holding. A steady rise in the consumption of protective foods is also noticed with the increase in size-group. Consumption of eggs, meat and fish is negligible and, therefore, has not been reported in the table.

Intake of Calories in Various Size-group of Holdings

The calorie intake from various sources in different size-groups is given in Table III.

TABLE III—CALORIES DERIVED FROM DIFFERENT SOURCES

Source of Calories	Size-group (in acres)					All 320 families
	upto 1	1 to 2.5	2.5 to 5.0	5.0 to 10.0	above 10.0	
Cereals	1,392	1,555	1,650	1,675	1,692	1,625
Pulses	653	652	665	723	740	691
Sugar and Gur	76	59	106	138	294	135
Oil and Ghee	17	25	57	76	110	61
Milk	5	22	58	98	113	67
Vegetables	8	12	32	48	62	36
Total calories	2,151	2,325	2,568	2,758	3,011	2,615

The average calorie intake of families in different size-groups varies from 2,151 in upto 1 acre group to 3,011 in more than 10 acres size groups. There seems to be a direct relationship between the size of holding and the calorie intake of the families.

The calorie requirements of people differ according to the nature of work. The population of Budaun is mainly agricultural. There are certain peak periods of work such as sowing and harvesting when people have to perform hard physical labour, while at some others they remain practically idle. The extent of idleness in the district is estimated at nearly 2/5th of the total period during the year. Therefore, in view of the calorie intake recommended by the Nutrition Advisory Committee (N.A.C.) for different working class of people an ideal of 2,800 calories per adult per day can be regarded as reasonable.

Judging from this and also from the composition of a balanced diet drawn up by the N.A.C. it may be safely concluded that the diets of all the group-size in Budaun are unbalanced. The intake of cereals and pulses by the families, in general, is in excess of the requirements prescribed for a balanced diet. There is of course a small section whose daily intake can be more or less regarded as adequate but, in all cases, the diet lacks in proportion of protective foods of higher nutritive value. Various reasons like dependence of nearly 85 per cent of the population on agricultural pursuits, lack of subsidiary occupations, inadequate production of protective foods due to availability of only 0.81 acres of cultivated land per capita, food habits of the people and inadequate transport facilities can be held responsible for this state of nutrition in the district.

A COMPARATIVE STUDY OF SOME ASPECTS OF THE LEVELS OF LIVING IN TWO VILLAGES

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A comparative study of certain aspects of the levels of living of the people in two villages is attempted in this paper. The villages selected are Piprodh in Jabalpur district and Sagoni Umariya in Sagar district. Both these districts are situated in M.P. There are 92 households in Piprodh with a total population of 415. This village is situated on the national highway and is about nine miles from Katni, which is an industrial town. There is a middle school, a post office, a government dispensary with a qualified physician, all situated within the village.

Sagoni, on the other hand, has 75 households with a total population of 345. This village is situated on the main road connecting Bhopal with Sagar. The two villages are situated at a distance of about 120 miles from each other. They differ in the pattern of crops grown in that Piprodh is a predominantly paddy growing village while Sagoni is predominantly wheat growing. Piprodh is able to grow paddy because of the availability of irrigation facilities and Sagoni has no such facilities at all. It is with regard to the extent of industrialisation that we find considerable variation between the two villages. Piprodh is having a number of industrial establishments in and around it while Sagoni is not having any industry at all.

The emphasis in this paper is to find out whether there is any difference in the levels of consumption between the people of these two villages which are, as we know, subjected to two different degrees of influence of industries, and if so the pattern of such variation.

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