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Pattern of Food Consuming Behavior

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Abstract

In this paper different aspects of ways of food consumption in the high hill rural areas of Nepal is highlighted. It also reviews briefly food consumption's methodological research and education in Nepal and also provides different types of ways running inside farming lands are denoted. All the rural areas and the situation of the agriculture production is shown. The ways of farming, harvesting, agro-diversity's rate, production and marketing of local produce have termed the situation of rural areas situation of having food items. Obviously like other business, food consuming pattern should also be started with a plan. Organic agro production emphasizes more on health and protection of environment

and natural resources. If anyone want to establish and run agro-farming business for generating more awareness for food preservation in order to have nice pattern of food consumption he or she will have to fulfil some basic physical requirements in the first instance. Nepalese have high potential for developing rural areas by launching local agro-biodiversity sector. Food consumption's scientific pattern takes place in an integrated manner and can take advantage of many added extras and be sold as one product of the own farmlands herbal knowledge sharing production This part will certainly support for people's good active health with nice economic progress.

Keywords: Active, Food, Consumption, Economic, Health, Marketing, Support

1. Introduction

Nepal is an agricultural country with most of the land areas carried out under agrarian section. All the 3 geographical regions are having the agricultural productions needed for their population's consuming need/demand fulfilling. The agricultural species on use are some of their i.e., farmers own, some taken from their neighbors, some from the wild cultivates portion and some from their area's agricultural information center. Mostly the wild cultivates species are gained from the good agro-diversified sector those are growing naturally inside their nearby forests regions known as agro-forests. The position of Nepal within biodiversity sector is 49th inside the world's arena with agro-biodiversity as dominant. The farmlands lying under all regions are having good capacity for agricultural production. The number of population residing in each rural areas of all provinces are doing agricultural work according to their hardship.

Due to nice varied climates and agricultural biodiversity, varietal local agro-productions are growing. Inside rural areas, local food varieties are under production through farmers own traditional farming knowledge, implying few modern farming methods and some needed support through their area's agricultural information center of MoAD. The local food production are mostly used for consumption while some surplus amount of productions' movement towards rural market. But this local productions' storage and marketing must be done very carefully. The nice use of carefully stored amount of production inside house is one of the good ways of making local plus national population rich by being fulfilled physically with needed calorie agricultural goods. Here the word calorie refers to the good entry of food items containing nice protein. This type of use by the rural people is one important alternative way for helping to provide the needed amount of food to all the rural and urban places of Nepal.

2. Methodology of the study

The study is based upon the secondary source of information. The information is taken from the documents of agriculture through Government's policies, MoAD's food security related documents, CBS's papers and other relevant documents.

3. Purpose of the study

The purpose is to find out the situation of agricultural productions' growth, storage, food consumption methods and food security activities running on.

4. Discussion

Rural Section

The 753 units of Nepal are having good rural sections termed as newly formed 460 rural municipalities (GoN, 2015) [4]. Those rural sections here denote both quantitative and qualitative rural human and rural farming land resources. These rural municipalities are having their own systematic method of farming methods. Each and every 77 districts population majorly of rural areas are moving on properly towards agricultural activities inside their farmlands. Rural areas active population are doing the agricultural system in a good way. The amount of agricultural production inside rural areas is growing properly in accordance to the ways of planting methods. In some of the hilly and mountainous rural areas, the amount of agricultural production is not being in sufficient way. Also, same type of situation in some of the naturally disturbed regions of terai. Then also up to this time the availability of the farmlands productions is bit more in terai area compared

to hilly or mountainous regions. Thus, some of population group from the population mass of 2, 91, 92,480 (CBS, 2022) [1] is in just only getting few amounts of food productions. As out of 7 provinces, Karnali province is having some kind of difficulty in producing the desired agricultural food items. So, the status of food consuming rich with protein base and the food security status is in slow situation. Then also some of the types of agriculture production, food storage and food security items are expressed below;

Types of Agriculture Productions

All the mountainous regions farmlands are growing different varieties of agricultural productions. Some areas grows more while some areas grow less depending upon the availability of agriculture farmers’ power, fertilizer, seedlings, agricultural tools and agriculture market. One table is presented here for showing the agricultural productions in the rural farmland regions’ of province 1;

Table 1: Agricultural Productions

Province 1’s mountainous rural farmlands areas		
Agro-production Varieties	Postproduction types	To consume by
Maize	Grinded pieces grinded by jato (stone grinder)	All age groups
Rice	Normal and powder made by jato (stone grinder)	[*note – division of the post-production of some of these agro-products are done and they are to be consumed by the population according to their age.]
Cardamom	Spice powder	
Fiber rich vegetables	Those containing fibers	
Fruits (mainly bananas)	Organic grown	
Home and Wild Yams	Organic type	
Green leaves	Organic type	
Dairy items (Milk, Curd only)	Organic ones	

Source: Computed by the Author

Utilization methods of produced Agricultural Food items

Inside other rural farmland areas with the above mentioned, other types of agro-products also grow. Most of the different ethnic groups within 123 ethnic groups’ (GoN, 2015) [4] are using their own cultural system for the farming, harvesting, post-production activities and utilization. Out of organic growths and inorganic growths, organic ones are used more for consumption by the people. Some of the utilization methods are as mentioned in points;

- Daily cereal basis
- Storing of surplus production
- Selling of some of the surplus production items in rural market
- Consuming in traditional methods or in own cultural methods or in bit modern term followed methods.
- Helping to those who need of more food amount in their house.

More production is centered towards households’ purpose only rather than focus towards market scheme segment. The market scheme here focuses towards the two ways of flowing the produced agricultural items. One is for selling and another is for supplying to the area where there is food growth insufficiency. For making the people available to nice agriculture growth with sufficient amount of consumption pattern some methods are to be implied. Most of the people are attended towards daily having only rather than paying attention to the importance of food production and storage. Here both of this food production and storage denotes to the improvement towards food security. Food security is that part which supports for making each and every individual be in touch with desired amount of organic

food items. Some of the ways to use for increasing food security are as mentioned below;

a) Promoting organic agriculture system

The way of farming of the available local species in a proper way by the use of local organic fertilizer is good way of promoting. For this all the farming method works out. Some could use the known cultural traditional methods or some use of integrated types of farming or some using agriculture center shared modern methods of farming.

b) Awareness creating programs

Awareness program must be started by the rural areas’ local office or active groups to the farmers and agro-entrepreneurs of same region.

c) Activeness of all economically active rural population

All economically active population must participate, organize in a managed way for running out agricultural farming activities needed for knowing the value of organic food having, amount of food to be stored, importance of protein rich food items and care towards farming. This part will support for good improvement of agriculture growth with storage and security items section.

d) Sharing knowledge of food consuming pattern

This topic focus to the portion of letting all individuals attentive towards good food production, storage and having the required amount of organic food needed for protein rich body. Such part have to be flourished by the same rural areas active population or some government officers or some community based officers. This part will certainly help those people who gained agro-food to be more focused towards own body’s good implementation towards good agriculture growth methodologies with nice way of

consuming.

e) Supply of required agricultural tools

The supply of all required agricultural tools needed for farming, using agro-products, storing and using electronic goods scientific methods those could be in use for knowing the importance of food security are to be provided by different sectors. Some of the sectors from own households, from neighbors, from local areas agriculture information centers, some from nearby small urban areas and some from central agriculture centers.

f) Getting started from local rural market

All these activities are to be started from own areas rural market and later on after being successful forwarding towards big market. Big markets could be central urban market or international market.

For this firstly some to be done are as follows;

The table 2 showing the food consuming ways i.e. is types.

Also, another table 3 is here mentioning the ways of managing agriculture farm.

Table 2: Food Consuming Types

Age group	Food Consuming Ways	Types of Agro-food	Time of availability
From child to adult	Daily basis (three times a day)	Rice, wheat, maize, millet	In high rural areas bit difficult after 6 months
		vegetables	
		Nuts	
		Fruits	
		Livestock items	

Source: Computed by the Author

Table 3: Ways of managing Agriculture Farm

Activities	Features of managing or in some doing activities
Land Usage	Use of the open land for the agricultural production items good growth (cereal crops, cash crops, fruits, livestock, agro-forests).
Structure of production	Farming activities serves daily consuming in a protein rich way; crop and livestock diversification; balanced development of the farm
Way of production	Local practices are followed for production of agriculture through good enrollment of rural active economically active groups
The level of production	Extensive production and protection of the environment; preferably organic farming; optimal usage of the farm land areas
The market for products	Production inside farm for good supply to more food need groups, surplus production sold on the market
Food consumption and security programs	Food consumption and security programs generation weekly or fortnightly basis in the rural market office for letting all people to be aware about quality of food for their qualitative health needed for best agriculture and other works.
Source of income and its meaning	Two sources of income: by supplying in normal rate to the agro-food amount demanders or by sending to own and other internal rural market centers
Socio activities	Using folk traditions for improving agro-food production increment, food storage and food security, food consuming pattern increment

Source: Computed by the Author

Here all the tables expressed above as table 1, table 2 and table 3 are showing the important parts of the ways of agro-food production and consumption pattern.

5. Conclusion

The way of food consuming is been seen different inside rural areas of Nepal. But some of the high hilly regions rural areas are having insufficient amount of agro-production. They are facing the problem of having food after 6 months. As Nepal Food Corporation provide agro-food items every year. But also, for required agro-food demand fulfillment all the sectors must work actively. The government's agriculture central and local offices, local community offices and other local institutions must work intimately with the local farmer and active groups for producing nice agro-products needed for fulfilling the food consuming pattern. The food consuming pattern must be more focused as one good nutritional business for starting over by the offices and active people. The activities will help for increasing AGDP's more contribution with all people's best active health needed for every activity. This pattern certainly touches the people's health activeness, economic related work movement and other development works.

6. References

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