

**PENANG SANGAM HIGH SCHOOL**  
**P.O.BOX 44, RAKIRAKI**  
**LESSON NOTES WEEK 10**

Subject: Home Economics Year/Level: 12

<b>Strand</b>	Food and Nutrition
<b>Sub Strand</b>	Food Supply
<b>Content Learning Outcome</b>	1. Identify and discuss the factors that affect the family food supply.

**FACTORS THAT AFFECT FOOD SUPPLY**

1. Availability within the Food Supply

i. Cultural Availability

- ✓ Cultural availability refers to the edible item that our culture considers food.
- ✓ It usually allows us to make decisions in what food to choose from as per our experience and knowledge.
- ✓ For example, i' taukei of Fiji feel comfortable to consume Pork whereas Muslims do not.

ii. Physical Availability

- ✓ In physical terms, whatever food is available in our community and country which is grown and harvested together with the imported food which determines our food choice.

2. Effects of Climate and Geography

- Climate and geography have been playing major determinant of what type of crops to be grown, hence, they affect physical availability of food to some level.
- Such as crops which can be grown in western part is not able to grow in the eastern part.
- Nowadays vast technology and transport system have complemented the effect of geography on the foods available.
- It has been noted that even during natural disasters foods are

available and these are often processed foods brought in as aid.

3. Effects of politics and policies

**Government Policies**

- A variety of legislation affects the food we consume and indirectly our food habits.
- Government policies influence food availability, quantities available and the price of food that consumers pay.
- The role of government in maintaining standards includes technological, nutritional, as well as safety and hygiene.
- The legislation that most of us are familiar with is the Food Policy.
- Even Taxation Policies affects the cost of foods, especially to consumers.

**Agricultural Policies**

- Agricultural policies also play an important role in availability of food to the consumer which is part of government policies.
- It has both negative and positive effects.

**Food and Nutritional Policy**

- Food and Nutrition policy also influence food choices.
- Nowadays most of our consumers refer to the policies and buy food which best for the family's consumption.

4. Food and manufacturers

- Food industries comes under private sector but they have to operate according the policies lied by government.
- It has been noted that food industries play a vital role in influencing the availability of food in our country.
- Food technology has brought about considerable change in availability for food through the country. Processing such as freezing, dehydrating, canning, freeze drying and so forth

has made tremendous effect on the variety of products made and available to consumers to choose from.

- Manufactures have also influenced the nutritional standards of consumer's diet.
- They have produced foods such as textured vegetable proteins which have added a variety in vegetarian's diet.

#### 5. Cost

##### **High Income Earners**

- Our household income determines the amount spent and type of food item we purchase.
- Foods bought more by high income earners usually includes meat, fish, dairy products, fruits and vegetables whereas lower income earners tend to use more of root crops and vegetables which are in season.
- It has also been seen that high income earners consume more of refined foods and get problems associated with over eating.

##### **Low or Restricted Income**

- When income is low and restricted it is evident that food budget will be reduced to allow flexibility in fixed expenses and bills, hence in time of economic hardship, expenditure on food will be cut and affecting the consideration on nutritional aspects of family.
- The diet of some members of the family may be maintained at the expense of others; therefore distribution may be a problem in that the important members such as heads of the household get the most, while children may not get enough.

##### **Rural Dwellers**

- Most of rural dwellers depend on farms and gardens to provide the family with fresh fruits and vegetables.
- As for protein they depend more on fish, cattle and poultry raised at home.

##### **Religion**

- Religion plays an important part as to whether a food is selected to be eaten or not.
- Some religion such as Seventh Day Adventist and Muslims do not eat pork and Haram foods; Hindus do not eat beef and some are pure vegetarians.
- This restricts their choices of food.

##### Activity

**Essay question** - Answer both the questions. (*The second question is the activity for Week 11 notes*)

1. Discuss four factors that affect the food supply in your community.
2. Climate change is a threat to Pacific Island countries. With reference to the above statement, discuss two effects of climate change on • family food supply. • the dietary pattern. • the food calendar. • land fertility.