

PENANG SANGAM HIGH SCHOOL
P.O.BOX 44 RAKIRAKI
HOME ECONOMICS
YEAR 11 (week 10)

Strand	Food And Nutrition
Sub strand	FOOD SUPPLY
Content learning outcome	a. identify the cultural and geographical influence of obtaining food. b. explain the effect of agriculture on the environment and its impact on food availability c. discuss ways of ensuring food security at home.

- Food plays an important role in our lives as a mean to survive. There are different ways in which humans obtain food from various sources and methods.

CULTURAL WAY OF OBTAINING FOOD:

GATHERING

- Gathering means collecting plants that grow wild for food. .
- Individual and families picked wild, edible plants in order to provide for their food needs and these included roots which were gathered to be preserved while fresh fruit and vegetables were consumed immediately.
- As families settled and began to domesticate plants and animals. Agriculture arose with the dawn of the first human civilizations and 'foraging' (or gathering food in the wild) was transformed into a regulated and systematic task, i.e. the harvest.

HUNTING

- Hunting is the practice of killing or trapping animals for game or for food.

- For many wildlife species, hunting helps to maintain populations at levels compatible with human activity, land use and available habitat.
- Food was the general purpose of hunting in frontier days and beyond - hunting wild game, large and small.
- In Fiji, wild boars are trapped and killed for food.
- Other examples include wild pigeons, wild ducks and bats

FISHING

- Fishing is the activity of catching fish, either for food or as a sport.
- Fishing can be caught using a fishing line, spear or using the fishing net.
- Fishing is important because it provides food for the family especially for those who live near the sea or the river. Apart from this reason people make a living by fishing.
- Both men and women fish. Woman usually fish standing in the water or in a boat while the men use the boat or dive in the night to catch fish. Communal fishing is still takes place in many places.

BARTER SYSTEM

- Barter system is exchange of goods or services for other goods or services without using a medium of exchange, such as money.
- Foods such as dalo and yams, deemed high status foods, were bartered in exchange for other goods and services. Trade between islands also took place with food items which the islands were known for. At the same time exchange also took place with those living near the coastal areas with those in the interior of the islands.

GEOGRAPHICAL MEANS OF OBTAINING FOOD

- The geographical location focuses on patterns of food production and consumption.
- Some factors that have an influence on a region's cuisine include the area's climate, the trade among different countries,
- Religiousness and culinary culture exchange. For example, a Tropical diet may be based more on fruits and vegetables, while a

- polar diet might rely more on meat and fish. More so the pacific diet in the past consisted of mainly root crops, seafood and pigs.

Coastal

- Since it is close to the coast, the availability of seafood and seaweeds as food supply for those living near the coast

Highlands

- More root crops, fruits and vegetables. More opportunities for hunting and gathering food in the highlands.

Lowlands

- Fruits and vegetables grown in farms. Agriculture is more common in lowlands. Animals are domesticated for food source and for their products such as cows for milk, butter and cheese

Islands

- Availability of root crops, seafood, fruits and vegetables. This depends on the types of soil present on the island and the agricultural methods used by the people on the island.

Subsistence farming

- Is self-sufficiency farming in which the farmers focus on growing enough food to feed themselves and their families
- The typical subsistence farm has a range of crops and animals needed by the family to feed.
- Planting decisions are made principally with an eye toward what the family will need. This is small scale farming

Commercial farming

- Is a large-scale production of crops for sale, intended for widespread distribution to wholesalers or retail outlets
- In commercial farming crops such as sugarcane, rice banana, dalo, ginger, are harvested and sold in the markets.
- Commercial agriculture includes livestock production and livestock grazing.

Import

- An import is a good or service brought into one country from another.
- The reason of importing is to introduce or bring goods from one country to be sold in another. This introduces a variety of food choices in a country. It also allows people to eat food that may not be grown or available in one county.
- For example Fiji enjoys apple, grapes, pears and so many other foods from other countries through importing.
- Along with exports, imports form the backbone of international trade.

Activity

1. Identify two cultural ways of obtaining food in Fiji?
2. Differentiate between Subsistence and Commercial Farming.
3. Discuss two advantages and two disadvantages of importing food from other countries.