

# 2

## Adjusting food plan to suit the money available

**BUDGET**

BUTTER -----

CHEESE -----

SQUASHES -----

KETCHUPS -----

CORN FLAKES -----

BISCUITS -----

VINEGAR -----

EDIBLE OILS -----

MILK -----

EGGS -----

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Identify two families in your neighbourhood—one belonging to the low income group (Family A) and the other to the high income group (Family B). Conduct a diet survey (preferably for two to three days) to find out the food purchases of these two families. Note the expenditure on different food items as indicated in the following table.

Food Group	Food items	Amount Spent (Rs)	
		Family A	Family B
I Energy-giving	<ul style="list-style-type: none"> <li>• Cereals</li> <li>• Roots and tubers</li> <li>• Fats/oils</li> <li>• Sugar</li> </ul>		
II Body-building	<ul style="list-style-type: none"> <li>• Pulses</li> <li>• Flesh foods (meat, fish, poultry, egg)</li> <li>• Milk</li> <li>• Nuts/ oilseeds</li> </ul>		
III Protective/Regulatory	<ul style="list-style-type: none"> <li>• Green leafy vegetables</li> <li>• Other vegetables</li> <li>• Fruits</li> </ul>		
Miscellaneous (specify)	<ul style="list-style-type: none"> <li>• Jam</li> <li>• Jellies etc.</li> </ul>		
<b>Total Expenditure</b>			

Based on the data collected now answer the following questions.

? One	<p><b>Evaluate what percentage of the total income (of the two families) is spent on food expenditure?</b></p> <p style="text-align: right;"><b>(2 marks)</b></p>
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? Two	<p><b>Evaluate the cost incurred on each food group (by the two families) in relation to the total expenditure?</b></p> <p style="text-align: right;"><b>(4 marks)</b></p>
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? Three	<p><b>Comment on the differences you observe in the food purchase practices of the two families?</b></p> <p style="text-align: right;"><b>(4 marks)</b></p>
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While conducting the diet survey, you notice that Family B has a small kitchen garden. This season they had a good crop of tomatoes and guava. They sold large quantities of it in the local market. However, lot of it is still left with them. In the absence of proper storage facilities these items have started getting spoilt.

? Four	<p><b>Can you now advise the family as to how they can prevent spoilage of these food items?</b></p> <p style="text-align: right;"><b>(4 marks)</b></p>
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? Five	<p><b>Suggest two ways (methods) by which the family can effectively preserve these food items at home. Comment on the principle on which each method of preservation is based on.</b></p> <p style="text-align: right;"><b>(6 marks)</b></p>
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### **GUIDELINES FOR ANSWERING**

Answer each question according to the following steps:

**Step 1.** First identify the block(s) and the unit(s) each question in the activity relates to.

? <b>One</b>	.....
? <b>Two</b>	.....
? <b>Three</b>	.....
? <b>Four</b>	.....
? <b>Five</b>	.....

**Step 2.** Jot down the relevant information from the theory that would help you answer the following questions.

? <b>One and Two</b>	The income of the family and its influences on food expenditure.
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? <b>Three</b>	Influence of income on food selection.
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?  
**Three**

Income and selection of market

?  
**Four**

Storage of perishables

?  
**Five**

Measures/techniques adopted to keep food healthy, safe for larger periods of time. Home-scale food preservation (principles and methods).

**Step 3. Hints/Clues to help you answer the questions.**

**?  
One**

- Find out the total income of the two families (a rough estimate).
- Note the total expenditure on food items and then in relation to the total income work out the percentage (food expenditure) for the two families using the following formulae.

$$\frac{\text{Total food expenditure}}{\text{Total income}} \times 100$$

**?  
Two**

- Total the cost incurred on food items (in group I, group II, group III and miscellaneous) separately.
- Next evaluate the cost incurred on the food items in Group I in relation to total expenditure, similarly for Group II, Group III and miscellaneous food items in relation to total expenditure.
- Comment on which food group(s) the cost incurred by the two families is more.
- Suggest/give reasons why it is so?

**?  
Three**

- Comment in terms of:
  - food items selected
  - mode of purchase (i.e. from where the items were purchased).

**?  
Four**

- List the common methods used for storing perishable foods (specially fruits and vegetables)
- Find out what measures/techniques (other than storage) one can adopt to keep the food items wholesome and healthy.

**?  
Five**

- List the principles of food preservation.
- Identify the various methods of preservation of food.