

## Changes in the Consumption of Several Foods

Table 10.4 shows the frequencies with which farm families consumed ten selected foods in 1967 and 1970. Certain changes in the pattern of consumption are evident. As shown in columns 1 and 2, the frequency with which farm families were eating fish, cheese, chicken, eggs, fruit, vegetables and rice increased between 1967 and 1970. Column 5 shows a decline in the number of families that never ate fish, chicken, eggs, fruit and vegetables.

Frequencies of consumption of maize and beans were not recorded in the surveys, as it was assumed that all farm families ate these foods daily. The total annual consumption of maize per person was estimated to be 223 kilos in 1967 and 253 kilos in 1970. The total annual consumption of beans per person was estimated to be 11 kilos in 1967 and 17 kilos in 1970. Although considerable error is involved in estimating average levels of consumption from survey data, the above figures do suggest that farm families were eating more maize and beans in 1970 than in 1967.

## Improvements in the Family Home

Forty-four percent of the farm families in 1967 lived in houses with only one room plus a kitchen; 36 percent lived in houses with earth floors. According to the surveys in 1967 and 1970, the average number of members per family increased from 5.5 to 6.2 during the three-year period. In light of these conditions and the seasonal unemployment in the area, it would be expected that an increase in family income would be reflected immediately in improvements in the farm home.

Seventy of the 239 farmers in the 1970 survey, or 29 percent, reported improvements in their homes. The most frequent improvement, realized by 32 of the farmers, was the addition of a room to the home.

## Use of Public Services

Of the 251 farmers interviewed in the 1967 survey, 63 percent had electricity in their homes, 13 percent had potable water, and 6 percent had plumbing. Of the 239 farmers interviewed in the 1970 survey, 77 percent had electricity in their homes, 21 percent had potable water, and 6 percent had plumbing. Eighty-three percent of the farmers who had none of these services indicated that they would cooperate with either work or money to bring these services to the community and to their homes. This finding suggests that the majority of the farmers value these services very highly.

Sixty-seven percent of the farmers interviewed in the 1970 survey stated that their children could study through the sixth grade in their communities, 21 percent stated they could study through secondary, and 2 percent indicated that they could finish high school. The farmers who stated that their children could only finish primary school were almost unanimous in their belief that this amount of education was insufficient to enable their children to find jobs away from the farm. Nevertheless, nearly all the farmers indicated that money spent on the education of their children was a good investment, as it would improve their chances of finding better jobs.

Of the 239 farmers interviewed in the 1970 survey, 12 percent (28) stated there was a medical center of the Ministry of Health and Welfare in their communities, 86 percent indicated there was no medical center in their communities, and 2 percent did not know. Only 11 of the 28 farmers that knew of the existence of a medical center in their communities indicated that they, or some member of their families, had visited the center on at least one occasion. Fifty-nine of the farmers with no medical center in their communities said that they, or some member of their

TABLE 10.4. Frequencies of consumption of 10 selected foods by farm families.

Foods	Percentage of farm families that consume the food at least once every:								Percentage that never eat the food (5)	
	1 to 3 days (1)		4 to 7 days (2)		Month (3)		Year (4)			
	1967*	1970*	1967	1970	1967	1970	1967	1970	1967	1970
Fish	0.8	0.8	3.2	11.3	8.8	15.9	72.9	66.5	13.9	4.2
Beef or pork	8.4	9.6	43.0	43.9	17.1	28.0	26.7	14.6	3.2	2.9
Milk	29.1	27.6	7.6	7.9	0.4	10.5	20.7	9.6	38.2	43.1
Cheese	1.6	4.6	17.5	23.5	8.8	27.6	36.6	12.1	31.1	30.5
Chicken	0.4	1.7	5.6	14.6	13.1	40.2	59.0	29.7	17.5	12.5
Eggs	29.1	59.4	25.9	32.6	8.0	11.3	25.1	3.3	9.2	2.5
Wheat bread	33.5	38.5	35.4	30.5	4.0	9.6	15.9	6.3	8.4	13.8
Fruit	11.6	30.5	32.7	37.2	9.2	15.5	35.4	10.9	8.0	5.0
Vegetables	14.4	34.3	31.5	38.5	6.8	12.6	30.7	4.2	12.0	9.2
Rice	16.8	30.6	44.2	46.9	11.6	14.2	19.1	2.5	4.4	5.0

\* The number of farmers interviewed was 251 in 1967 and 239 in 1970.