

CONSUMPTION PATTERN FOR HABITUAL FOODS AND  
NUTRITION LEVEL OF TSUNAMI AFFECTED PEOPLE  
"KALUWANCHIKUDY DS DIVISION"



Mr. MANAKAPPODY GEEVARETHINAM  
REG. NO - EU/IS/00/ECON/116  
INDEX NO: CS 1591

Research report submitted to the faculty of Commerce and Management,  
Department of Economics Eastern University of Sri Lanka as partial fulfillment  
of requirements of Economics Degree (B.Econ), 2005.



Project Report  
Library - EUSL

DEPARTMENT OF ECONOMICS  
FACULTY OF COMMERCE AND MANAGEMENT  
EASTERN UNIVERSITY SRI LANKA  
2005

## ABSTRACT

Consumption of habitual basic foods, malnutrition, standard of living, livelihoods are one of the major affected factors in kaluwanchikudy DS Division of batticaloa. It has had a considerable contribution to the economy of the Batticaloa district and on the total production of the country. At present, it was totally collapsed due to large destruction caused by recent havoc. Therefore it is an urgent need to restarting those communities' livelihoods and standard of living. The main objective of the present study is to explore the needs of the tsunami affected people in improve and enhance their life pattern highly for food consumption and nutrition.

Data on social, economical, and political structure, insufficient household foods security and consumption for basic foods, nutrition and malnutrition factors were collected through the samples of 100 affected people who were randomly selected from 29 GN division of nine villages the affected people inspected divisions in kaluwanchikudy DS division. The questionnaires have been filled during the period between 31<sup>st</sup> of March and 28<sup>th</sup> of April. The univariate analysis was made through computer package SPSS 11.0. The result of this study reveals affected people have needs/ problem relates to all variables. This is the evidence that no one ongoing rehabilitation programme paid attention on this community. This study shows that the mean value for consumption each foods. It is recommended, that, in order to improve and enhance rebuilds tsunami affected people standard of living and livelihood, the government and non- governmental organization and their activities should be mainly focused on these people.

**Researcher**

# CONTENTS

<b>Chapter 1</b>	<b>1-13</b>
0.1 Introduction	1
1.1 Area location	3-5
1.2 Population	3-6
1.3 Economy	2
1.4 Nutrition etc.	
1.5 Problem statement	6-9
1.6 Objective of research	9-10
1.7 Use of study	10
1.8 Scope of study	11
1.8.1 Assumption	11
1.8.2 Limitation	11
1.8.3 Conceptualization	12-13
<b>Chapter 2</b>	<b>14-26</b>
0.2 Literature Review	14
2.1 Consumption pattern of habitual foods	14-15
2.2 Importance of diet food Consumption pattern	15
2.2.1 Importance of foods	15
2.2.2 Foods securities	15
2.2.3 Basic needs and food based poverty	16
2.3 Food preparation nutrition loses	16
2.4 Consumption of nutrition	17
2.4.1 Key nutrition concept for the diet and habitual food	17
2.4.1.1 Energy	17
2.4.1.2 Protein	17
2.4.1.3 Fat	18

2.4.1.4	Carbohydrate	18
2.4.1.5	Cholesterol	18
2.4.1.6	Micro nutrition	18
2.4.2	Vegetable as suppliers of vitamins	19
2.4.2.1	Mineral supplement	19
2.4.2.2	Vegetable as a protection against vitamin A deficiency	19
2.4.2.3	Vitamin C increase	20
2.4.2.4	Vitamin B complex	20
2.5	Health	20
2.5.1	Health and nutrition	21
2.6	Poverty	21
2.6.1	Definition poverty	21
2.6.2	Daily recommended nutrition allowances for Sri Lankan by Age and gender	23
2.6.3	Poverty in Sri Lanka	24-26
<b>Chapter 3</b>		<b>27-31</b>
0.3	Research methodology and Conceptualization	27
3.1	Introduction	27
3.2	Conceptualization	27
3.2.1	Social Structure	27
3.2.2	Political structure	27
3.2.3	Economical structure	27
3.3	Data collection	28
3.3.1.	Primary data collection	28
3.3.2.	Secondary data collection	28
3.3.3.	Questionnaire	28
3.3.4.	Sampling	28-29
3.4.	Data presentation	30
3.5.	Data analysis	30
3.6.	Method of evaluation	31

<b>Chapter 4</b>	<b>32-49</b>
0.4 Data presentation and Analysis	32
4.1 Personal information	32
4.1.1 Age distribution	32-33
4.1.2 Income distribution	33-34
4.1.3 Education distribution	34-35
4.1.4 Sex distribution	36
4.2 Research information	36-37
4.2.1. Rice consumption	38-39
4.2.2. Fish consumption	39-40
4.2.3. Milk consumption	40-41
4.2.4 Bread consumption	41-42
4.2.5. Vegetable consumption	42-43
4.2.6 Pitta consumption	43-44
4.2.7. Stringcopper consumption	44-45
4.2.8. Meat consumption	45-46
4.2.9. Egg consumption	46-47
4.2.10. Healthy food consumption	47-48
4.3. Fruit consumption	48-49
<b>Chapter V</b>	<b>50-53</b>
0.5 Conclusion and Recommendations	50
5.1 Conclusion	50
5.2 Recommendations	50-53
5.2.1 Improving sufficient household food security and increase the Basic food consumption	51
5.2.2 Providing and improving the social, political and economic structure.	51-52
5.2.3 providing and improving Nutrition and dietary intake.	52-53