

LESSONS 1 AND 2: FOOD PATTERNS IN VANUATU

Objective

To learn about food patterns in Vanuatu.

Time needed: 30 minutes x 2

Teacher's note

In these lessons pupils will learn the meaning of food patterns.

A food pattern means the types of foods people prepare and eat in their community. There are many different food patterns throughout the world. The type of food patterns one has depends on one's culture and religion as well as the environment and other social factors.

Method

Tell the class: Before we study some food patterns in other countries, we will study our own food patterns in Vanuatu.

Food patterns in Vanuatu

1. In Vanuatu we come from many different islands and cultures and speak many different languages. Our weather is hot and humid, and we have a lot of rain. Our soil is very rich so we can grow lots of different food.
2. We grow a number of tropical fruits, vegetables and root-crops. We get a lot of fish and shellfish from the sea and rivers.
3. We also have a variety of domestic animals such as pigs, cows, goats and chickens from which we get our meat supply.
4. Wild animals, birds and fruits are plentiful in our forests.
5. We get some of our food from the stores, for example: rice, sugar, bread, tinned meat, tinned fish, etc.

TARI AND LEIVANU

Food patterns in villages

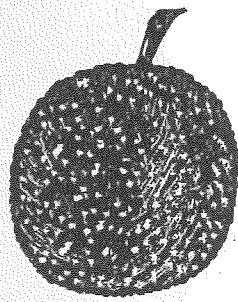
We will now look at the food pattern of Tari and Leivanu's village.

The people in the village where Tari and Leivanu live eat mainly root-crops such as yam, taro and kumala. They also eat breadfruit and cooking bananas.

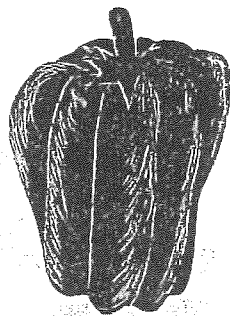
Vegetables such as island cabbage, pumpkin tops, water-cress and other green vegetables are plentiful although they are not eaten often enough. Fruits such as coconuts, ripe bananas and pawpaws are available all year round. Other tropical fruits like mangoes, pineapples, oranges, mandarins and many more are seasonal so are eaten when they are in season.

Beef, pork and chicken are eaten mainly during big feasts such as those that honour marriages, funerals and visits of special guests, etc.

Fish and shellfish are available only to people who live along the coast or near big rivers. Coconut cream is often used in foods, especially in the local dish,



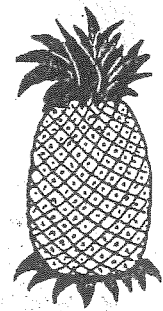
Breadfruit



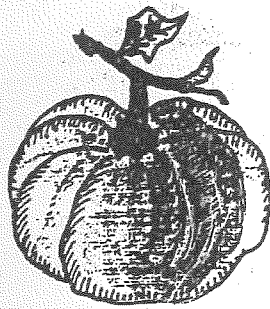
Green pepper



Cooking banana



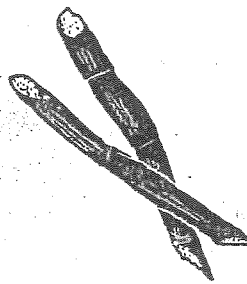
Pineapple



Pumpkin



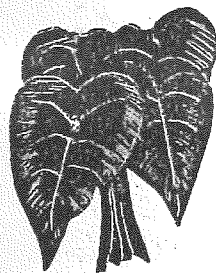
Taro



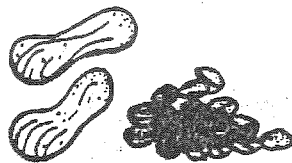
Sugar cane



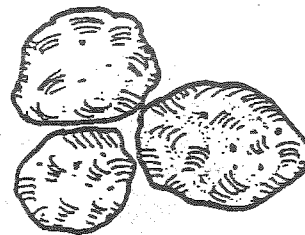
Sweet potato



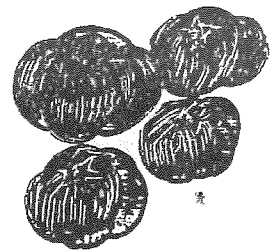
Taro leaves



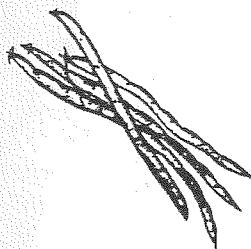
Peanuts



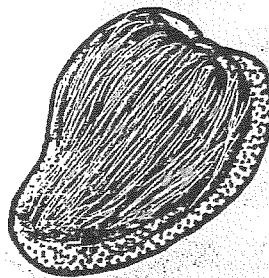
Potato



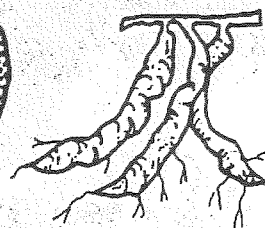
Tomato



Green beans



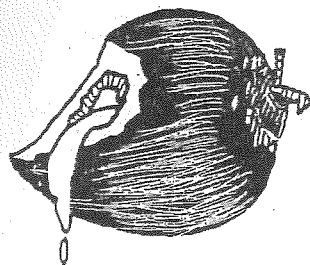
Mango



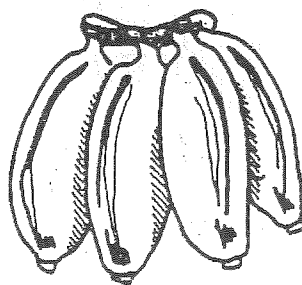
Cassava



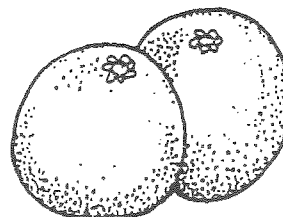
Germinating coconut
(young coconut)



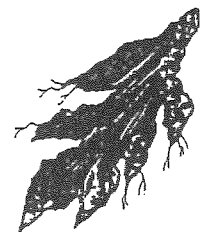
Green coconut



Eating banana



Orange



Yam