

NJSIE

**NIGERIAN
JOURNAL OF SOCIOLOGY
OF EDUCATION**

NJSE 2017

ISSN: 1118-1784

Volume XI Number 1, October, 2017

RASHIED, S. A.
C. 971

NJSE

**NIGERIAN JOURNAL OF
SOCIOLOGY OF EDUCATION**

NJSE 2017

ISSN: 1118-1784

Volume XI Number 1, October, 2017

EDITORIAL BOARD

Editor-in-chief:

Prof. A. O. K. Noah

Department of Educational Foundations,
Faculty of Education,
Lagos State University, Ojo.

Managing Editor:

Prof. M. N. Sule

Department of Educational Foundations,
Faculty of Education,
University of Jos.

Editors:

J. O. Balogun

Dr. Adesoji Oni

Dr. S. A. Dosunmu

Prof. Taiwo Edun

Prof. (Mrs.) A. N. Okolo

Consulting Editors:

Prof. (Mrs.) Uche Azikiwe

Prof. C. O. Daramola

Prof. M. I. Junaïd

Prof. Emma Obasi

Prof. C. C. Anadi

Prof. (Mrs.) Julia, Oti Omokhodion

Prof. (Mrs.) Oledinma P. Nwanna Nzewunwa

Prof. G. M. Mahuta

Prof. (Mrs.) E. C. Okeke

Prof. V. U. Dienye

TABLE OF CONTENT

Copyright	ii
Editorial Board	iii
Editorial Note	iv
Notes To Contributors	v
Towards The Philosophy Of Sociology Of Education For Sustainable Development Abiogun, Godwin .C.	1-4
Availability Of Assistive Technology In Special Needs Schools In South-west, Nigeria Adegunju Kabir Adewale Adeleke, Feyisike Olubunmi, Afe, Titilayo, Ohawuiro, Onyechi Emilia & Onivehu Adams Ogirima	5-11
Basic School Teachers' Attitude Towards Inclusive Education Practices For Sustainable Development In Kwara Central Senatorial District, Nigeria Akinsemoyin, L. O., Bello, M. B; Yusuf, A. & Uyanne, E. O.	13-17
Adult Education In A Contemporary Nigeria: Implications For Socio-economic Development A.O.K Noah, A.B. Aromolaran, C.O Tihamiyu & S.K Odunaro	19-25
The Influence Of Emotional Intelligence On The Academic Achievement Of First Year Students Of College Of Science And Technology Oduduwa University, Ile-ife. Olufunmilayo Deborah Ayodele	27-32
Relationship Between Parental Background And Performance Of Civic Education Students Towards Sustainable Development In Ilorin South Bello, M.B., Yusuf. A., Daramola, D. S & Obimuyiwa, O.G.	33-40
Effect Of Parents' Educational Status On Girl-child Enrolment In Education In Kalgo Local Government Area Of Kebbi State; Implication For Sustainable Development. Hajara Danjuma Senchi	41-48

- Education As A Panacea For Peaceful Coexistence In Nigeria
Dakom Zumnan Tangka,;
Peter John &
Samuel Mela 49-51
- An Assessment of Child Labour in Zaria Metropolis: Implication for Sustainable Development
Ismaila, Suleiman &
Alabi Abdul Ganiyu 53-59
- Nigeria Educational System And Sustainable Development
Kootu N. Cletus. 61-67
- Challenges Facing Primary Education As A Tool For Sustainable Development: A Study Of Selected Primary Schools In Katsina State
Murja Lawal Musa 69-74
- Managing The Positive And Negative Socialising Influences Of The Internet: Task Of Sociologists Of Education
Steve Nwokeocha 75-84
- Demystifying Gender Equality Through Education For Sustainable Socio-economic Development In Nigeria
Nyorere, O. Ifeany,
Emana, I. Edem &
James, I. Okon. 85-90
- Vocational Education: A Variable Tool For Sustainable Development In Nigeria
O.P Nwanna-Nzewunwa 91-95
- Rehabilitative Programmes In Nigeria Prisons For Sustainable Development: The Perspectives Of Inmates.
Odofin Sinmiat & I.O.O. Amali 97-103
- Perceived Social Expectation Of Religious Clerics In Promoting Peace Through Religious Education For Sustainable Development In Ilorin, Nigeria
Ojo, Raphael Sunday 105-110
- Functional Education A Veritable Tool For Sustainable Development On Upper Basic Students In Abia State, Nigeria
Okafor, I . P,
Ajibola, Bolaji C,
Balogun, A.O &
Chibundum, Cyprian Alozie 111-118
- Women Education: A Tool For Sustainable Development
Nasiru Abubakar Katami 119-124

- Assessment Of Undergraduate Teacher Trainees' Awareness Of Sustainable Development Goals In Ilorin, Nigeria 125-129
Olokooba, I. Nasiru & Abdulsalam, Aliyu Ayodele
- Education, Agriculture And Sustainable Development In Nigeria 131-137
Olaniran, Olakunle Lateef Kassim, Olayemi Idowu Ogunyanwo, Olawale Taiwo & Erinle, Odunayo
- Impact Of Family Life Education On Sustainable Women Empowerment In Oshimili South Local Government Area Of Delta State 139-144
Onyema, Pat Solomon
- The Role Of Ict In Education For Sustainable Development In South-east Universities, Nigeria 145-151
Oyeoku Eke Kalu, Ohia Nkiru, Nweke Prince Onyemaechi & Okop Ekaette Okon
- Availability Of Assistive Technology In Special Needs Schools In South-west, Nigeria 153-159
Adegunju Kabir Adewale Adeleke, Feyisike Olubunmi, Afe, Titilayo., Ohawuiro, Onyechi Emilia & nivehu Adams Ogirima
- Feeding Patterns Among Major Nigerian Ethnic Groups In Ilorin Kwara State: Implications For The 3rd Sustainable Development Goal In Nigeria 161-168
Rasheed, S.a.; Ajayi, O.S.
- Examine Civic Education As A Tool For Promoting Sustainable Development In Nigeria 169-174
Rimfat, S. A.
- Peace Education As An Instrument For Curbing Violence In Nigeria 175-178
Rimfat S. A.
- Post-graduate Students' Perception Of Child Marriage And Girl-child Education As Social Paradox To Sustainable Development In North-central, Nigeria 179-187
Shoyemi, Adekunle Adeyinka, Onibaniyi, Bamidele Mathew & Hassan, Oluwatoyin Enitan

Challenges Facing Students' Teacher During Teaching Practices Exercises Siddique, B.T., Muhammad, R., Alabelapo, A. A. & Mohammad, AF	189-195
The Role Of Inclusive Education In Promoting Sustainable Development In The Nigerian Society Solomon Goteng Bodang, Dakom Zumnan Tangkat & Tina Silas Randawa	197-201
Gender Equality And Sustainable Development In Kogi State. Suleiman Femi Hafiz	203-211
Education As A Panacea For Peaceful Coexistence In Nigeria. Dakom Zumnan Tangkat, Peter John, Samuel Mela & Emmanuel Goteng	213-215
Career Counselling For Employment And Sustainable Development In Nigeria. Augustine C. Ukwueze	271-224
University Education Management As Correlate To Sustainable Development In Nigeria. Umar Muhammad, Awwal Muhammad Inuwa & Nuhu Ja'afar Ishaq	225-232
Knowledge And Utilization Of Privacy Options On Facebook Among University Of Ilorin Students Uyanne, E. O., Akintola, M. & Odutayo, A. O.	233-240
Social Studies Teachers' Competence In The Use Of Information And Communication Technology In Basic Schools In Ilorin Metropolis Yayi, T. O., Onivehu A.o., Oyeniran, B.j., & Ohawuiro, O.E.	241-249
Curriculum, Wealth And Creativity: The Need For Entrepreneurship Education In Higher Education Institutions. Justina Lere Charles – Zalakoro	251-257

The Attitude Of Married Women Towards Virginity Among
Young Ladies In Ilorin Metropolis

259-263

**Aburime, A. Ozohu,
Jekayinfa, Oyeyemijumoke &
Odejobi, S. Oluwaseyi**

Civic Education And Political Participation For Sustainable
Development In Nigeria: A Study Of Selected Geo-political Zones

265-270

**Igwe, Oji Igwe
Olatuji, Sule,
Okoro, Eric N. &
David, Uriah Daniel**

Sustainable Women Economic Empowerment And Educative Community Network
Of Social Relationships In Itu/ibiono Ibom Federal Constituency, Akwa Ibom State.

271-282

**Nyorere, Ogbo Ifeanyi, &
James, Idopise Okon**

Commensurate Deterrent Mechanisms For Sustainable Crime-free Tertiary
Institutions: The Opinions Of Managers Of School Crimes In South West Nigeria.

283-293

Ayorinde, Agbonna Samuel

Effective Utilization Of Improvised Materials For Teaching And Learning Of Social
Studies In Secondary Schools For Sustainable Development In Ogun State, Nigeria.

295-299

Adediran, A. A., Adelegun, K. G. & Olugbuyi, K. O.

Osu Caste In Igbo Land: The Role Of Education For Sustainable Development.

301-306

Ijeomah, Eucharia Udeaku & Amalikolo Eucharia O.

The Role Of Physical Education And Sports In Achieving
Sustainable Development In Nigeria.

307-309

Ajadi Memunat Tunrayo

Education For Sustainable Development In Nigeria: Some Questions For Reflection.

311-315

**ER Peter Luka, Sani, F.B. &
Pogu Mwada Ndirmbita**

Civic Education And Sustainable Development

317-323

**Lawal Usman &
Zaitu Jummai John**

FEEDING PATTERNS AMONG MAJOR NIGERIAN ETHNIC GROUPS IN ILORIN KWARA STATE: IMPLICATIONS FOR THE 3RD SUSTAINABLE DEVELOPMENT GOAL IN NIGERIA

Rasheed, S.A.; Ajayi, O.S.

Department of Social Sciences Education,
Faculty of Education, University of Ilorin, Ilorin Nigeria

&

Abullahi, A. M

College of Arabic and Islamic Legal Studies

Abstract

This paper examined multicultural perceived factors of feeding pattern in Kwara State using quantitative survey design, which employed Structured Interview Schedule. The study involved 120 participants selected across the three main ethnic groups in Kwara State. The result revealed that more than half of the participants regularly take breakfast than lunch and dinner and the most commonly frequency of meal intakes per day was 2 times. Also it was revealed that food nutritional value was the most determinant factor of food preference. Furthermore, most of the participants skipped meal per day, eat away from home, ever reduce the quality of their food as well as shown more interest in indigenous food than modern eatery. Factor as income (either low or high) was the most determinant factor influencing eating pattern of the people while the least factor was seasonal shortage of food supply. The result concludes that a healthy living is paramount in the achievement of the third sustainable development goal since health is usually regarded as wealth. Therefore, the need to work towards improving the economic status of the people towards a healthy living becomes imperative.

Key Words: Feeding Patterns, Ethnic Groups, Sustainable Development Goal in Nigeria

Introduction

The fallout of world leaders summit of United Nations in September 2015 set new target for eradication of poverty and environmental challenges by year 2030 (United Nation, 2016). This is a refined world global vision from defunct Millennium Development Goals (MDGs) that was initially planned to take care of issues related to extreme hunger, deadly but treatable diseases and expanding educational opportunities. Persistent environmental challenges, economic downturn and reoccurring health issues have been considered as bane of development to people and the nations, which necessitate adequate visions that culminated into new seventeen global goals under Sustainable Development Goals (SDGs). SDGs emphasized responsible consumption among the new seventeenth global vision for sustainable living and development (United Nation, 2016).

The third aspect of the SDG goals provides the basis for this study because of the close ties between human feeding pattern and eradication of the risk of diseases that would in turn engender good health and well-being. Feeding pattern is one of the numerous necessities and challenges of human

being. People require adequate and nutritious food on daily basis for survival. Nutritional value of food intake of human being cannot be over emphasized for a healthy development. United Nation emphasis on zero hunger, food security, improved nutrition and promoting sustainable agriculture as a drive to prevent health problem (Adam, 2015). This gives credence to the importance of feeding to humanity. Good foods provide energy, vitamins, minerals protein, and body building inputs for necessary growth and development.

However, feeding pattern of human being is dynamic; it has some health implications for his or her survival. As food provides nutrient to the body, it also results into another problem for the body. There is general belief that too much of everything is bad, so also, inadequacy of things is risky. This is a true situation of food for human being because over-feeding could cause problem and underfeeding could as well lead to malnutrition. Yunsheng, Bertone, Stanek, Reed, Herbert, Cohen, Merriam and Ockene (2003) conceived feeding pattern to include eating frequency, temporal distribution of eating events across the day, breakfast skipping, and frequency of meals eaten away from home. Lamb (2015) also

describes feeding pattern as mechanism that involve reduction of food quality, eating of new meal and reducing number of meal. There is a possibility for the latter feeding pattern, most especially, in a nation like Nigeria with current economic, climatic, cultural, and health problems.

Economic, climatic, cultural, and health are related factors that could influence people's feeding pattern. Economic situation either positively or negative may influence the feeding pattern of people. European Food Information Council (EUFIC, 2004) identified implication of economic factor on low-income groups in which there is greater possibility for the group to feed on unbalanced diet and less consumption of rich fruits and vegetable. It can be inferred from EUFIC submission that increase in purchasing power provides impetus for patronage of quality feeding. Low purchasing power on the other hand could result to poor feeding pattern. EUFIC (2004) also observed that persistent eating of "energy-giving nutrient poor food" is a consequence of lack of money. Wikipedia Encyclopedia perceives shift in dietary consumption of people because of economic, demographic, and epidemiological implications.

Also, peoples' changing pattern of feeding may be tied to climatic and natural phenomenon such as drought, erosion, soil infertility, and famine, which may consequently lead to a decrease in the supply of various staple foods. Baragona (2012) reported that a change in climatic situation is often responsible for transition in the dietary pattern of people globally as a specific staple food becomes difficult to get. People in this situation often resort to eat what is available rather than what they desire. Sasronga, Mosha, Kessy, Ezekiel, Zizonga, Kweka, Onyango, and Kovats (2016) observed that climate variability in reduction of rainfall annually affects food production and supply thereby, translates into food depletion and changes in people dietary habit.

Culturally, people of certain culture may adhere to a given feeding pattern because it is their ways of life. Lyana and Manimbulu (2014) opined that food habit is rooted in the cultural diversity of people and their environment. Lamb (2015) also observed that different cultural eating habits can produce various health risks. According to this author, African-American and Southern people are fond of eating fried food, biscuits and han hock which makes them become prone to heart diseases and diabetic. On the other hand, Asia cultured people are fond of taking food stressing lower fat and lot of vegetables, they

thus have few cases of cancer and diabetic and live healthful lives.

Furthermore, likely health implications and the need to control such diseases as diabetics, obesity etc. also motivate people to change the patterns of their feeding. Schmidt (2009) anchored public negative perceptions of processed foods on increasing prevalence of obesity, use of chemicals in production or additives in foods, little personal contact between consumers, agricultural, and food manufacturing sectors, food safety issues and concern that a given ingredient may contribute to illness. According to Yunsheng, et al (2003), the causal of obesity is connected to shift in dietary disposition and physical activity.

The mass media on their part have offered enlightenment to people through radio, television, newspapers and social networks on food security for life sustainability and personal development. Thus, the drives towards nutritional transition among the people are varied, era of eating all things as seen is gone, people are not only selective but being conscious of what they eat that would not degenerate into a sort of terminal disease for them. This, thus, spurs the need for this study to be carried out in order to investigate multicultural groups' perceived factors of their feeding patterns in Kwara State.

Statement of the problems

The roles of good and adequate food intake for human survival cannot be overemphasized. However, the emerging threats of feeding related health issues such as diabetics, obesity, hypertension and other socio-economic challenges in Nigeria have nowadays drawn the attention and as well place certain limitations to what and how people feed on daily basis. There seems to be divergent opinions of people's beliefs and reasons for what shapes their feeding patterns across different cultures. Despite the perceived divergence in opinion on factors necessitate their feeding patterns, there seems to be dearth of data on peoples view about their feeding values and reasons for its transition across different cultures. This information is considered imperative for gaining more understanding of individuals cultural beliefs influence on human behaviour and practices. The large concentration of people of different cultural background presents in Kwara State most especially in Ilorin metropolis which serves as a typical example of the multicultural society in Nigeria. The three major ethnic groups in Nigeria (Hausa, Yoruba, and Igbo) and other minorities are

adequately concentrated in Kwara State. Therefore, this study seeks to investigate the people's feeding patterns as well as the perceived contributing factors across major different cultures in Kwara State, Nigeria.

Research Objectives

The specific objectives of the study are to:

1. examine the feeding pattern among Igbo, Yoruba, and Hausa people in Kwara State;
2. investigate the factors influencing feeding pattern of Igbo, Yoruba, and Hausa people in Kwara State; and
3. determine the influence of such variables as ethnic group, level of education, and income of the respondents on the frequency of the meal intakes per day, meal intakes determinant factors.

Methodology

This was a multi-cultural and quantitative survey study, which employed Structured Interview Schedule (SIS) to collect data among men and women residing in Ilorin. This study took care of individuals across age group that was considered as representing participants who could recall the reasons for their feeding habit and pattern without hesitation. The SIS approach was used in this study so as to be able to obtain opinion from those who could neither read nor write in order to obtain relatively balanced information from different segments of the society.

The population for this study comprised all individuals from the three major ethnic groups in Nigeria (Yoruba, Igbo, and Hausa) living in Kwara State. The sample size comprised 120 participants selected using multistage sampling techniques. Kwara State was first stratified into three geo-political zones (i.e. Kwara North, Central and South). Out of these three geo-political zones, Kwara Central was purposively selected being a zone that hosts state capital city-Ilorin with large concentration of the three most populous cultural groups considered important to this present study. The total of six districts within Ilorin metropolis was purposively involved in the study. They were Zango, Gambari, Okelele, Oloje, Taiwo, and Surulere. The choice of the districts was based on the concentration of the three cultural groups of interest in this study.

Major Ethnic groups	Districts	Females	Males
Hausa	Zango	10	10
	Gambari	10	10
	Okelele	10	10
Yoruba	Oloje	10	10
	Taiwo	10	10
Ibo	Surulere	10	10
		60	60
TOTAL			120

Forty Hausas in which twenty were females and twenty were males were purposively selected in Zango and Gambari Districts of Ilorin respectively. Similarly, forty Yorubas in which twenty were females and twenty were males were purposively sampled in Okelele and Oloje District of Ilorin respectively while forty Igbos in which twenty were females and twenty were males were purposively sampled in Taiwo and Surulere Districts of Ilorin respectively.

Structured Interview Schedule titled Feeding Pattern Structured Interview Schedule (FEPASIS) was used to collect data for this study. FEPASIS was a researcher developed instrument which comprised 12 items structurally design to obtain information on individual feeding pattern. FEPASIS has two sections: Section A contains items on socio-demographic variables of the participant while section B contains 12 items that measure feeding pattern. This instrument was pilot-tested before its use. A Cronbach Alpha reliability coefficient of 0.65 was obtained using internal consistency approach. This reliability coefficient was moderate enough to be used for this study. Items in FEPASIS took on different response pattern due to its nature and the purpose of its use. Frequency and percentage was used to analyze the participants' socio-demographic information as well as the research questions while Chi-Square analysis was used to test all the stated null hypotheses at .05 alpha level.

Results

Objective 1: examine the perceived feeding pattern among Igbo, Yoruba, and Hausa people in Kwara State;

Table 1: The Perceived Feeding Pattern among Igbo, Yoruba, and Hausa People in Kwara State

Items	Responses	Ethnicity			Total
		Yoruba	Igbo	Hausa	
Which of the meal do you regularly eat every day?	Breakfast	16(13.3%)	30(25.0%)	28(23.3%)	74(61.7%)
	Lunch	2(1.7%)	4(3.3%)	2(1.7%)	8(6.7%)
	Dinner	22(18.3%)	6(5.0%)	10(8.3%)	38(31.7%)
	Total	40(33.3%)	40(33.3%)	40(33.3%)	120(33.3%)
How often do you eat per day?	1 Time	6(5.0%)	4(3.3%)	0(0.0%)	10(8.3%)
	2 Times	32(26.7%)	12(10.0%)	26(21.7%)	70(58.3%)
	3 Times	2(1.7%)	24(20.0%)	14(11.7%)	40(33.3%)
	Total	40(33.3%)	40(33.3%)	40(33.3%)	120(100.0%)
What determines your food Preference?	Food Taste	12(10.0%)	8(6.7%)	10(8.3%)	30(25.0%)
	Food Quality	10(8.3%)	14(11.7%)	16(13.3%)	40(33.3%)
	Food Nutritional Value	18(15.0%)	18(15.0%)	14(11.7%)	50(41.7%)
	Total	40(33.3%)	40(33.3%)	40(33.3%)	120(100.0%)
Do you skip any of your meal per day?	Yes	30(25.0%)	20(16.7%)	38(31.7%)	88(73.3%)
	No	10(8.3%)	20(16.7%)	2(1.7%)	32(26.7%)
	Total	40(33.3%)	40(33.3%)	40(33.3%)	120(100.0%)
Do you eat away from home?	Yes	22(18.3%)	28(23.3%)	26(21.7%)	76(63.3%)
	No	18(15.0%)	12(10.0%)	14(11.7%)	44(36.7%)
	Total	30(34.1%)	20(22.7%)	38(43.2%)	88(100.0%)
Do you ever reduce quality of your food from fried, fat food to lower fat and vegetables?	Yes	26(21.7%)	30(25.0%)	26(21.7%)	82(68.3%)
	No	14(11.7%)	10(8.3%)	14(11.7%)	38(31.7%)
	Total	30(34.1%)	20(22.7%)	38(43.2%)	88(100.0%)
Do you ever have interest in modern eatery meal than your indigenous meal?	Yes	8(6.7%)	24(20.0%)	14(11.7%)	46(38.3%)
	No	32(26.7%)	16(13.3%)	26(21.7%)	74(61.7%)
	Total	30(34.1%)	20(22.7%)	38(43.2%)	88(100.0%)

Table 1 shows the perceived feeding pattern among Igbo, Yoruba, and Hausa people in Kwara State. It can be observed that out of 74(61.7%) of the respondents who regularly take breakfast every day, 16(13.3%) were Yoruba, 30(25.0%) were of Igbo extraction while 28(23.3%) of them were Hausa. Also, 8(6.7%) reported taking lunch regularly, out of which 2(1.7%) were Yoruba, 4(3.3%) were Igbo while 2(1.7%) of them were Hausa. Finally, out of 38(31.7%) reported taking dinner regularly, 22(18.3%) of them were Yoruba, 6(5.0%) were Igbo while 10(8.3%) were of Hausa extraction. On number of time taken meal per day, 10(8.3%) reported one time per day out of which 6(5.0%) of

them were Yoruba, 4(3.3%) were Igbo while none of the Hausa extraction was found in this category. More than half 70(58.3%) of the sampled participants take meal twice per day, 32(26.7%) were Yoruba, 12(10.0%) were Igbo and 26(21.7%) were Hausa. Out of 40(33.3%) reported taken meal three times per day, 2(1.7%) were Yoruba, 24(20.0%) were Igbo while 14(11.7%) were Hausa.

The results of meal preference determinants factor shows that 30(25.0%) of the participants preferred food taste out of which 12(10.0%) were Yoruba, 8(6.7%) were Igbo while 10(8.3%) were Hausa. Food quality had 40(33.3%) of the participants of which

10(8.3%) were Yoruba, 14(11.7%) were Igbo and 16(13.3%) were Hausa. Half 50(41.7%) of the participants preferred food nutritional value out of which 18(15.0%) were Yoruba, 18(15.0%) were Igbo while 14(11.7%) were Hausa. On the phenomenon of skipping of meal per day, majority 88(73.3%) of the participants skipped meal per day out of which 30(25.0%) were Yoruba, 20(16.7%) were Igbo while 38(31.7%) were Hausa. Whereas, out of the 32(26.7%) participants who do not skip meal, 10(8.3%) were Yoruba, 20(16.7%) were Igbo and 2(1.7%) were Hausa. The result shows that 76(63.3%) of the participants eat away from home and 22(18.3%) were Yoruba, 28(23.3%) were Igbo while 26(21.7%) were Hausa. Out of 44(36.7%) who do not eat away from home, 18(15.0%) were Yoruba, 12(10.0%) were Igbo while 14(11.7%) were Hausa. On whether the individuals ever reduce quality of food from fried, fat food to lower fat and vegetables, while 82(68.3%) indicated yes, 38(31.7%) indicated no. Out of those indicated yes, 26(21.7%) were Yoruba, 30(25.0%) were Igbo while 26(21.7%) were Hausa. Those who indicated no had 14(11.7%) as Yoruba, 10(8.3%) as Igbo and 14(11.7%) as Hausa. Finally, on having interest in modern eatery meal than indigenous meal, 46(38.3%) of the participants indicated yes while 74(61.7%) of them indicated no. Out of those who indicated interest in modern eatery meal than indigenous meal, 8(6.7%) were Yoruba, 24(20.0%) were Igbo while 14(11.7%) were Hausa. Whereas, out of those that showed interest in indigenous meal over modern eatery meal, 32(26.7%) were Yoruba, 16(13.3%) were Igbo while 26(21.7%) were Hausa.

Objective 2: investigate the perceived factors influencing feeding pattern of Igbo, Yoruba, and Hausa groups in Kwara State.

Table 2: Perceived Factors Influencing Feeding Pattern of Igbo, Yoruba, and Hausa People in Kwara State

Factors	Ethnicity			Total
	Yoruba	Igbo	Hausa	
High income earning	8(6.7%)	18(15.0%)	6(5.0%)	32(26.7%)
Low income earning	16(13.3%)	10(8.3%)	12(10.0%)	38(31.7%)
Instruction from physician	2(1.7%)	3(2.5%)	10(8.3%)	15(12.5%)
Season shortage of food supply	2(1.7%)	3(2.5%)	2(1.7%)	7(5.8%)
Cultural practice support/beliefs	12(10.0%)	6(5.0%)	10(8.3%)	28(23.3%)
Total	40(33.3%)	40(33.3%)	40(33.3%)	120(100.0%)

Table 2 shows the perceived factors influencing feeding pattern of Igbo, Yoruba, and Hausa people in Kwara State. It is shown from the table that out of the 32(26.7%) of the participants that reported high income earning, 8(6.7%) were Yoruba, 18(15.0%) were Igbo while 6(5.0%) were Hausa. Out of the 38(31.7%) of the participants that reported low income earning, 16(13.3%) were Yoruba, 10(8.3%) were Igbo while 12(10.0%) were Hausa. Instruction from physician had 15(12.5%) out of which 2(1.7%) were Yoruba, 3(2.5%) were Igbo while 10(8.3%) were Hausa. Also, 7(5.8%) of the participants reported season shortage of food supply out of which 2(1.7%) were Yoruba, 3(2.5%) were Igbo while 2(1.7%) were Hausa. Finally, 28(23.3%) of the participants reported cultural practice support/beliefs as one of the factors influencing their feeding pattern, out of which 12(10.0%) were Yoruba, 6(5.0%) were Igbo while 10(8.3%) were Hausa.

Objective 3: determine the influence of such variables as ethnic group, sex, level of education, and income of the respondents on the frequency of the meal intakes per day, meal intakes determinant factors.

Hypotheses

1. There is no significant influence of ethnic group, sex, level of education, and income on frequency of the meal intakes per day among Igbo, Yoruba, and Hausa people in Kwara State.

Table 3: Chi-square analysis of influence of Ethnic Group, Level of Education, and Income on Frequency of Meal Intakes per day among Igbo, Yoruba, and Hausa People in Kwara State

Ethnicity					χ^2	df	P
Meal Intakes	Yoruba	Igbo	Hausa	Total			
1 Time	6(5.0%)	4(3.3%)	0(0.0%)	10(8.3%)	32.82 9	4	.000
2 Times	32(26.7%)	12(10.0%)	26(21.7%)	70(58.3%)			
3 Times	2(1.7%)	24(20.0%)	14(11.7%)	40(33.3%)			
Total	40(33.3%)	40(33.3%)	40(33.3%)	120(100.0%)			

Level of Education				χ^2	df	P
Meal Intakes	Below Secondary	Post-Tertiary	Total			
1 Time	4(3.3%)	6(5.0%)	10(8.3%)	2.619	2	.270
2 Times	24(20.0%)	46(38.3%)	70(58.3%)			
3 Times	20(16.7%)	20(16.7%)	40(33.3%)			
Total	48(40.0%)	72(60.0%)	120(100.0%)			

Income Level (N)						χ^2	df	P
Meal Intakes	Less than 20,000	20,000-40,000	41,000-60,000	Above 60,000	Total			
1 Time	4(3.3%)	2(1.7%)	2(1.7%)	2(1.7%)	10(8.3%)	10.73	6	.097
2 Times	26(21.7%)	24(20.0%)	8(6.7%)	12(10.0%)	70(58.3%)			
3 Times	6(5.0%)	12(10.0%)	12(10.0%)	10(8.3%)	40(33.3%)			
Total	36(30.0%)	38(31.7%)	22(18.3%)	24(20.0%)	120(100.0%)			

Table 3 shows the result of the influence of ethnic group, level of education, and income on frequency of meal intakes per day among Igbo, Yoruba, and Hausa people in Kwara State. It can be observed that only the ethnic group of the individuals had significant influence on the dependent variable while variables like level of education, and income had no significant influence on frequency of the meal intakes per day. The results of the individual analysis shows that chi-square and p- values for influence of ethnic group on the frequency of the meal intakes per day (χ^2 32.829, df= 4; p=.000.); level of education on the frequency of the meal intakes per day (χ^2 2.619, df= 2; p=.270) ; while income on the frequency of the meal intakes per day had (χ^2 10.731, df= 6; p=.097). Since only the ethnic group had a p-value less than .05 probability level, these results therefore conclude that there was a significant influence of ethnic group on the frequency of the meal intakes per day while variables such as level of education as well as level of

income had no significant influence on the frequency of the meal intakes per day among Igbo, Yoruba, and Hausa people in Kwara State.

2. There is no significant influence of ethnic group, level of education, and income on meal intakes determinant factors among Igbo, Yoruba, and Hausa people in Kwara State

Table 4: Chi-square analysis of influence of Ethnic Group, Level of Education, and Income on Meal Intakes Determinant Factors among Igbo, Yoruba, and Hausa People in Kwara State

Ethnicity					χ^2	df	P
Factors	Yoruba	Igbo	Hausa	Total			
HIE	8(6.7%)	18(15.0%)	6(5.0%)	32(26.7%)	19.10 9	8	.014
LIE	16(13.3%)	10(8.3%)	12(10.0%)	38(31.7%)			
IP	2(1.7%)	3(2.5%)	10(8.3%)	15(12.5%)			
SSFS	2(1.7%)	3(2.5%)	2(1.7%)	7(5.8%)			
CPS/B	12(10.0%)	6(5.0%)	10(8.3%)	28(23.3%)			
Total	40(33.3%)	40(33.3%)	40(33.3%)	120(100.0%)			

Level of Education				χ^2	df	P
Factors	Below Post-Secondary	Tertiary	Total			
HIE	14(11.7%)	18(15.0%)	32(26.7%)	3.962	4	.411
LIE	13(10.8%)	25(20.8%)	38(31.7%)			
IP	9(7.5%)	6(5.0%)	15(12.5%)			
SSFS	3(2.5%)	4(3.3%)	7(5.8%)			
CPS/B	9(7.5%)	19(15.8%)	28(23.3%)			
Total	48(40.0%)	72(60.0%)	120(100.0%)			

Income Level (₦)						χ^2	df	P
Factors	Less than 20,000	20,000-40,000	41,000-60,000	Above 60,000	Total			
HIE	6(5.0%)	8(6.7%)	8(6.7%)	10(8.3%)	32(26.7%)	20.74 5	1 2	.054
LIE	14(11.7%)	8(6.7%)	6(5.0%)	10(8.3%)	38(31.7%)			
IP	8(6.7%)	4(3.3%)	1(0.8%)	2(1.7%)	15(12.5%)			
SSFS	2(1.7%)	4(3.3%)	1(0.8%)	0(0.0%)	7(5.8%)			
CPS/B	6(5.0%)	14(11.7%)	6(5.0%)	2(1.7%)	28(23.3%)			
Total	36(30.0%)	38(31.7%)	22(18.3%)	24(20.0%)	120(100.0%)			

HIE=High income earning; LIE= Low income earning; IP= Instruction from physician; SSFS= Seasonal shortage of food supply; and CPS/B= Cultural practice support/beliefs.

Table 4 shows the result of the influence of ethnic group, level of education, and income on meal intakes determinant factors among Igbo, Yoruba, and Hausa people in Kwara State. It can be observed that only the ethnic group of the individuals had significant influence on the dependent variable while variables like level of education, and income had no significant influence on meal intakes determinant factors. The results of the individual analysis shows that chi-square and p- values for influence of ethnic group on the meal intakes determinant factors (χ^2 , 19.109, df= 8; p=.014.); level of education on the meal intakes determinant factors (χ^2 , 3.962, df= 4; p=.411); while income on the meal intakes determinant factors (χ^2 , 20.745, df=

12; p=.054). Since only the ethnic group had a p-value less than .05 probability level, these results therefore conclude that there was a significant influence of ethnic group on the meal intakes determinant factors while variables such as level of education as well as level of income had no significant influence on the meal intakes determinant factors among Igbo, Yoruba, and Hausa people in Kwara State.

Discussion and Conclusion

The results showed that more than half of the participants regularly take breakfast than lunch and dinner and the most commonly frequency of meal intakes per day was 2 times. Also it was revealed that food nutritional value was the most determinant

factor of food preference. Furthermore, most of the participants skipped meal per day, eat away from home, ever reduce the quality of their food as well as shown more interest in indigenous food than modern eatery. These findings corroborate the observation of Yunsheng, et al (2003) on feeding pattern including eating frequency, temporal distribution of eating events across the day, breakfast skipping, and frequency of meals eaten away from home. In the same vein, Lamb (2015) also describes feeding pattern as mechanism that involve reduction of food quality, eating of new meal and reducing number of meal.

The result also showed that income was the most determinant factor influencing eating pattern of the people while the least factor was seasonal shortage of food supply. This finding partially support the report of European Food Information Council (EUFIC, 2004) which identified the implication of economic factor on low-income groups in which there is greater possibility for the group to feed on unbalanced diet and less consumption of rich fruits and vegetable. Increased in purchasing power thus serves as backbone of quality feeding pattern while reduction in income would in turn place a limitation to individual purchasing power consequently result to poor feeding pattern.

In conclusion, a healthy living is paramount in the achievement of the third sustainable development goal since health is usually regarded as wealth; the information about the feeding pattern of the people across the multicultural groups has shown that more is needed to be done to improve the economic status of the people towards a healthy living. Such phenomena as skipping of the meal, low income earning, and reduction of quality of food can in the long run make the overall achievement of hunger reduction as third aspect of sustainable development goal a mirage in a developing nation like Nigeria.

References

- Adams, J. (2015). Harnessing the power of Global Open Data. *United Nation General Assembly Meeting*. USDA Blog.
- Baragona, S (2012). Climate Change Could Alter Eating Habits. Voice of America News (VOA)
- European Food Information Council, EUFIC (2004). *Why we eat what we eat?* Health on the net Foundation.
- Frazao, E. (1996). *The American Diet: A Costly health Problem* "Food Review US. Department of Agricultural Economics, Res. Serv. 19(1), 2-6.
- Lamb, H. I (2015). *How Culture Affects Diet*. Livestrong.com
- Lyana A.Z & Manimbulu, N (2014). Culture and Food Habit in Tanzania and Democratic Republic of Congo. *Journal Hum Ecol*, 43 (1) 9-12.
- McGinnis, J. M, & Foege, W. H (1993). Actual Causes of Death in the United States. *Journal of the American Medical Association*, 270(18), 2207-2212.
- Sasronga, N. J, Mosha, I.D, Kessy, Ezekiel, M.J, Zizonga, A, Kweka, O, Onyango, P & Kovats, S (2016) "I eat two meals per day" Impact of climate variability on eating habit among households in Rufiji District, Tanzania: a qualitative study. Agriculture and Food Security. Bio med Central.
- Schmidt, D. B. (2009). *Environment and consumer perspective surrounding processed foods*. IFT Annual Meeting, Jan 8 2009, Anaheim, Calif.
- Yunsheng, M, Bertone, E. R, Stanek, E. J, Reed, G.W, Herbert, J. R, Cohen, N. L, Merriam, P. A, & Ockene, S. I. (2003). Association Between Eating Pattern and Obesity in Free-living US Adult Population. *American Journal of Epidemiology*.
- Frazao, E. (1996). *The American Diet: A Costly*