

Pattern of Meat Consumption in Jalingo Local Government Area in Northern Taraba State Nigeria

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ABSTRACT

The study was carried out in Jalingo local government area Taraba State, to determine meat consumption pattern in the area and factors affecting same. A well designed questionnaire of which one hundred and sixty three (163) copies were used in the survey served as a source of data collection which covered a period of two weeks. It is observed that 98.1% of the respondent in the study area were male and had formal education with 96.9% the household size is 10 and above which are the majority with 44.5%, their primary occupation are civil servants with 55.2%. And It was found that most (82.2%) of the people within the locality obtained their meat mainly from the market. Even though (98%) of the respondents kept domestic livestock, they rarely consumed what they kept, but rather used them for income generation, and for entertaining guests. Meat preference was in the order of fish, beef, chevon, poultry, pork and bush meat. It was found that most (63.8%) of the people consumed meat once daily. The consumption of meat was said to be high during festive periods such as Sallah, Christmas and New Year during which meat shortage occurred as a result of excessive demand. Most (83.4%) of the respondents sometimes preserved fresh meat by smoking for future consumption; taboos on consumption of meat (especially pig and dog) and self restriction by some people on the consumption of sheep and goat were also found among the people. It is also found that majority of the people do not consumed disease/death carcass. Meat consumption pattern in the area was said to be better if the number of animals produced was high coupled with the high level of education among the people on the importance of consuming some of the animals they keep. Meat consumption in this area is influenced by a number of factors such as preference culture, economic and availability.

Keyword: Meat Consumption, Livestock, Animal Protein.

Introduction

The term meat refers to any flesh of animal that is used for food Soniran and Okubanjo, (2002). There are different kinds of meat depending on the source from which they are obtained, for example mutton is obtained from sheep, Chevon from goat, beef from cattle and pork from pig. Meat is nutritious and

highly attractive in appearance and therefore, relished by most people in the world.

The word protein means "primary" which suggests the importance of protein to the nutritional wellbeing of humans Deatherage, (1975). Proteins are important because they are the only dietary source of amino acids that are obtained from both plant and animals sources, and that proteins from animal sources are preferred to that of plants because protein from the animal sources are generally high and also contain the essential amino acids in a balanced ratio needed by the body. The human body cannot produce these essential amino acids which are needed in the proper ratio for many biological processes; hence animal protein is able to provide these essential amino acids. The level of meat consumption has direct influence on general wellbeing and health of the people. Protein of animal origin is not just preferred because of its palatability but because it is essential for normal physical and mental development of animals and man.

In Nigeria, it has been reported that animal protein contributes only 8.6% of an estimated 51.7% per day total protein intake of the average Nigerian. The recommended total minimum intake for an adult is 85.9% per day of which about 34g - 40g should be from animal origin FAO, (1971). However, a shortfall of 16.4% protein intake of animal origin in the diet of an average Nigerian has been reported.

Ademosum (2002) reported that, even though the exact livestock population in Nigeria is not known, whatever the figures may be, the average Nigerian eats less meat than the average European, and American. The demand for protein of animal origin is higher in the cities than the villages this is believed to be so for a number of factors. Oyenuga (1975) attributed this to the high cost of animal products such as meat, milk and eggs which is beyond the reach of an average rural dweller.

Ikeme (1990) noted that, the wide gap between demand for animal protein by those living in the urban areas and that of the rural group is due to differences in income, level of education and availability of protein. Furthermore, over 90% livestock in Nigeria are owned and controlled by traditional livestock rearers and these traditional herds men are symbols of their owners (mostly Fulani's) some as symbols of status than as meat animals. They are called reluctant when ill - health, age of the animals or necessity, especially finance, for the owner to

get rid of them. In other words, the traditional livestock owners consume very small proportions of what they produced.

It is in view of the contribution of meat consumption to human nutrition that this study was aimed at determining the various reasons responsible for the low intake of animal protein by average Nigerian.

This paper examines the pattern of meat consumption in Jalingo local government area of Taraba State, Nigeria with an effort to determine the number, of factors that influence the pattern such as preferences, culture, taboos, economic and availability.

Material and Methods

Study Area

Jalingo local government area is the state headquarter of Taraba state. It was created on the 27th August, 1976 and it bounded by Lau LGA in the North, the West by Ardo - Kola LGA and East by Yororo LGA respectively. The area lies between latitude 8.900^oN and Longitude 11.3667^oE of the equator with an estimated population of about 140318 (NPC, 2006).

It has a very good climate and it rich in agricultural opportunities with a temperature range from 28-38^oc with a mean annual rainfall of 1500mm per annum (Taraba State diary, 2008).

Source of Data and Sampling Procedure

The study covered all the wards in the area (Jalingo Local Government Area Taraba State) 163 structured questionnaires was used to generate data from the respondents. The data generated were analyzed using simple descriptive statistics such as frequency.

Table 1: Composition of Sample of Questionnaires

S/NO	Ward	Questionnaire
1	Sintali 'A'	21
2	Sintali 'B'	19
3	Turaki 'A'	20
4	Turaki 'B'	19
5	Kachalla Sembe	8
6	Majidadi	8
7	Yelwa	16
8	Sarkin Dawaki	16
9	Barade	18
10	Kona Garu	18
Total		163

Source: *field survey, 2013*

Result and Discussion

Table 2 result indicated that 98.1% of the respondents in the study area were male and 1.9 were females. And have attended formal education with 96.9% 3.1 did not have formal education the household size is 10 and above which is the majority of 44.8%. Their primary occupations are civil servants with 55.2%, while 32.5% are businessmen and women and 12.3% are farmers.

Table 2: Socio-Economic Characteristics of Respondents

Gender	Frequency	Percentage
Male	160	98.1
Female	3	1.9
Total	163	100
Educational Attainment		
Formal education	158	96.9
non-formal education	5	3.1
Total	163	100
House Hold Size		
1-5	20	12.3
5-7	30	18.4
8-10	40	24.5
10 and above	73	44.8
Total	163	100
Primary Occupation		
Civil servant	90	55.2
Business	53	32.5
Farming	20	12.3
Total	163	100

Source: Field Survey, 2013

The result obtained in Table 3 shows the various classes of domestics livestock being reared and the reason of rearing them 11.1% are rearing cattle, 1.2% reared pig, 35% goat, 41.1% sheep, 9.8% poultry, and 1.8% go for fish, this shows that majority of the respondents are rearing sheep and goat because they are easy to handle or manage which is one of the advantage of small ruminant over large ruminant.

For the reason of keeping domestic animals 60.1% is for income generation 28.1% for consumption and 11.7% for present/entertainment. This result indicated majority of the respondents keep domestic animals for income generation to solve some of their problems.

Table 3: Kind of Domestic Animals Reared and Reasons for Rearing Them

Information	Frequency	Percentage
Kind of domestic animal reared		
cattle	18	11.1
Pig	2	1.2.0
Goat	57	35.0
Sheep	67	41.1
Poultry	16	9.8
Fish	3	1.8
Total	163	100
Reasons for Keeping Domestic Animals		
Income generation		60.1
	98	
Consumption		28.1
	46	
Present/entertainment	19	11.7
Prestige	0	0
Total	163	100

Source: *Field Survey, 2013*

Table 4 indicated that 3.16% consumed pork meat 16.6% consumed beef 16.6% chevon/mutton 6.10% consumed poultry and 50.3% consumed fish. Fish is preferred to other meat types mainly because of its availability and acceptability in the area. It is supplied either as fresh or smoked/dry fish. It is affordable for even the low income group because of availability of it at moderate price. Furthermore, fish is easier and faster to cook or prepare for consumption. Also responses received about classes of livestock prohibited among those having taboos about consumption of some animals 94.5% for pig and dog specifically are forbidden for consumption by the inhabitant of the area. The consumption of pig and dog meat for instance is a serious taboo in the area for reasons which are not scientific but rather religion and cultural. Lerner and Donald (1996) noted that taboo/prohibition are some of the factors that limit the consumption of meat, some respondents prohibited sheep and goat because of eating habit which is less in percentage 1.8% for sheep and 3.8% prohibited goat respectively. Non of the respondents prohibited cow and poultry. Frequency of meat consumption in the study area was based on how often they consumed meat 63.8% which are the majority consumed meat at least once daily and 21.5% consumed at every time meat while 14.7% do not consumed meat

every day. For this group of respondents therefore, may not meet the requirement of the F.A.O (1978).

Sources of meat in the study area indicated that 82.2% are obtaining their meat in the market 37% by hunting, 11% are using their own stock while the remaining 3.0% are through gift. This result shows that majority of the respondents market is the source of obtaining their meat.

Table 4: Types of Meat Consume, Animal Prohibited, Frequency of Meat Consumption and Sources of Meat of the Respondents

Information	Frequency	Percentage
Meat Consumed		
Pork	5	3.16
Beef	27	16.6
Chevon/mutton	27	16.6
Poultry	10	6.10
Fish	82	50.3
Total	163	100
Animals prohibited		
Cow	0	0
Pig/dog	154	94.5
Sheep	3	1.8
Goat	6	3.8
Poultry	0	0
Total	163	100
Frequency of Meat Consumption		
Once daily	104	63.8
Every meat	35	21.5
Not every time	24	14.7
Total	163	100
Source of Meat		
Market	134	82.2
Hunting	6	3.7
Own stock	18	11.0
Gift	5	3.1
Ritual	0	0

Source: *Field Survey, 2013*

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Table 5 results shows that meat shortage is experienced mostly during festive periods (especially Sallah, Christmas and New Year) according to 52.2%. other respondents said that meat shortage is experienced seasonally 35.6% specifically during rainy season while other respondents use specific with 12.3% for meat to be preserve analysis shows that 16.6% preserved beef 3.16% preserved pork. 16.6% preserved Chevron and Mutton 6.1% preserved poultry 3.6% preserved bush meat 50.3% which is the major preserved fish and 3,6% preserved all types of meat. According to responses received on the consumption of carcasses of animals which have died of diseases (89%) of the respondents said they do not consumed such carcasses, while (11.9%) of them said they do consumed such carcasses. This entails that, some people within the study area do not allowed the carcasses of their animals to get wasted and so consumed them without minding the causes of such deaths whether is dangerous for the fact that such people stand the risk of being infected with diseases which are zoonotic, and which may even result to their death. Carcasses of death animals (i.e. of diseases), should be condemned and not to be consumed; And the method of meat preservation in the study area majority of the respondents 83.4% used smoking method to preserve their meat 4.9% are using sundry while 11.7% are using freezing method, (this group is purely people living in town).

Table 5: Period of Meat Shortage, Types of Meat Preserved and Method of Preservation

Information	Frequency	Percentage
General High Demand for Meat		
Festive periods Sallah/Christmas & new year	85	52.2
Dry season Jan-April	20	12.3
Rainy season May-Sept.	58	35.6
Every day	0	0
Total	163	100
Type of Meat Preserved		
Beef	27	16.6
Pork	5	3.16
Chevon/mutun	27	16.6
Bush meat	6	3.6
Fish	82	50.3
All type	6	3.60
Total	163	100
Eating Diseased/Death Animal		
Wholesome meat	145	89.0
Death carcass	18	11.0
Total	163	100
Method of Preservation		
Smoking	136	83.4
Sundry	8	4.90
Refrigeration	19	11.7
Salting	0	0
Total	163	100

Source: Field Survey, 2013.

Conclusion

The reasons accountable for low intake of proteins by the people in this area are centered on social preference, taboo, economic and cultural factors. This confirms the report of Ikeme (1990), preference in Nigeria may arise from a combination of factors bordering on religious belief economic and cultural factors as well as social preference.

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References to this paper should be made as follows: Abdulrahman A.M. *et al.*, (2013), Pattern of Meat Consumption in Jalingo Local Government Area in Northern Taraba State Nigeria. *J. of Agriculture and Veterinary Sciences*, Vol. 5, No. 2, Pp. 95 – 104.
