

Environmental and Cultural Dynamics in Nutrition: A Comparison of Food Patterns in Two Nigerian Societies

Abiodun J. Oluwabamide* and Nseabasi S. Akpan**

**Department of Sociology, Ahmadu Bello University, Zaria, Nigeria*

E-mail: abioduntoluwa@yahoo.com

***Department of Sociology/Anthropology, University of Uyo, Akwa- Ibom state, Nigeria*

KEYWORDS Food-Pattern. Culture. Environment. Gari. Fufu

ABSTRACT This study examines two societies in Southern Nigeria with a view to determining the extent to which their food patterns are similar. Data were collected from the two societies – Yoruba and Ibibio- both of which are in South-western and South-eastern Nigeria respectively. Both the interview and observation methods were used in data collection. A total of 240 randomly selected interviewees were carefully interviewed. The data revealed that though the two communities share similar environments their food patterns differ a great deal. It is suggested that culture should be taken into consideration when issues related to nutrition are being considered.