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PRINT: ISSN 0970-9274 ONLINE: 2456-6608

*J. Hum. Ecol.*, 15(1): 1-3 (2004)

DOI: 10.31901/24566608.2004/15.01.01

## **Human Energy Consumption for Meal Preparation in Rural Areas of Himachal Pradesh**

**Neena Vyas and Avinash Sharma**

*Department of Family Resource Management, CSK HPKV, Palampur, Himachal Pradesh, India*

**KEYWORDS** Energy. Household Activities. Rural Families.

**ABSTRACT** The present study revealed that women were found to be mainly responsible for performing various household activities. Maximum energy was spent on meal preparation and service being 7.24 MJ in farming families and 7.74 in non farming families, respectively. The energy spent by children was 1.17 MJ and 0.89 MJ in farming and non farming families, the energy spent by other female members was 4.47 MJ, in case of joint families of farming and non farming families, respectively. This difference between the energy spent by two groups is found to be statistically significant ( $P < 10$ ). The reason being that in farming families children helped homemakers in meal service as the meal is to be carried to the farms whereas in non-farming families all members sit together to eat the meal at same time.

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