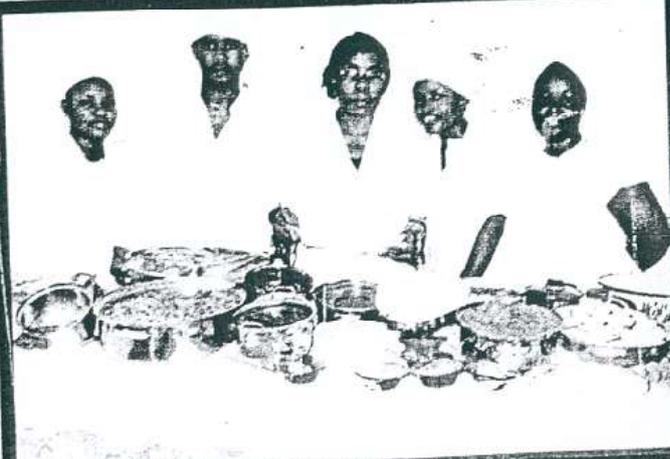
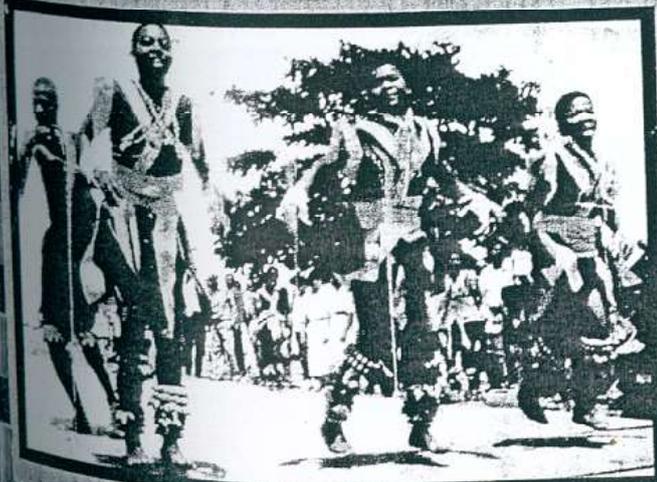


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INDIGENOUS FOOD CONSUMPTION PATTERN IN SOUTH WEST, NIGERIA.

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ABSTRACT

The study investigated the types and frequency of consumption of indigenous dishes in South western, Nigeria. Purposively, the study was conducted in tourist circuit region 1 that comprises of six states in the old Western Region of Nigeria. The five states selected are specifically Ogun, Osun Ekiti, Ondo and Lagos states. There were three hundred and thirty (330) respondents. The method used was food frequency questionnaire. The results showed that the indigenous dishes were consumed weekly, monthly or yearly, and none ate daily. In Ogun state, more than fifty percent of the respondents consumed Ikokore a water yam based recipe. The legume based dishes from cowpea; Awuje 76%; Jogi 71.6% and Ekuru (66.7%) were eaten weekly. However Apapa (100%) and Obe oki (100%) also from legume group were disappearing since the consumption is only once a year. In the vegetable group, Efo ebolo soup with Iyan ogede consumption by 80% of the Ogun state respondents on a weekly basis. Prominent in Osun state were vegetable soups such as Efo Odu (73%), Efo Ogunmu (73%) and Efo osun (73%) with pounded yam/cocoyam all consume on a monthly basis. Very few indigenous foods were consumed weekly in Osun state. In Ondo, Obe elegele from pumpkin vegetable with pounded yam were consumed weekly by 66.7% of the Ondo respondents. More than fifty percent also utilised Gbure vegetable soup; Obe luru soup and ila alasepo on a weekly basis. Respondent in Ekiti has no specific indigenous food on a weekly basis except few cowpea based food like Ewa ibeji and ekuru. Among vegetable based soup, is Efo odu and ogede agbagba (leafy vegetables, unripe plantain and yam) consumed by 55% every week. On a monthly basis were Obe efirin a herbal soup with pounded yam/cocoyam/cassava (72.2%). Yearly were Obe oogun a herbal soup with pounded yam/cocoyam and Ogiri with Ila alasepo by indigenes of Ekiti. In Lagos state, indigenous dishes were Imoyo eleja with Imoyo Eba (73); Ofada rice with pepper sauce (51%) and Vegetable soup iyana ipaja (56%) on weekly consumption. In all, legumes based foods were in higher consumption as well as vegetable and herbs with nuts among indigenous dishes of south west. The indigenous dishes like cocoyam based are disappearing therefore need to advocate with agriculturist and industrialist to add value to cocoyam for upgrade usage.

Keyword: Indigenous, Frequency, Yoruba Dishes, Consumption

Introduction.

Nigeria is rich in various foods and culture among different tribes and natives across the 932, 768 sq km

landmass. It is unfortunate that over the past, ten to twelve decades, there has been steady and systematic disappearance of some indigenous foods and beverages

from Nigerians family tables. Today, a lot of youths and some adults of under forty years do not see many of the old-n day's foods but are only familiar with the modern day fast foods. Those who are able to retain some of the traditional foods are those who grew up in the rural settings and with elderly people of around sixty to eighty years and above. Anngers, (1993) gave credence to this diet trends as stated "here in Africa, the current quest for easy to make fast foods has brought with it a progressive loss of valuable components of food culture". Gone are the skill oriented cooking procedures- that innate skill, perfected through constant practice, of preparing delicious traditional dishes using native condiments and spices. She also said that the sub regions with wide variety of cooking spices and condiments are today slowly being replaced by the large number of bouillon cubes in the market." On the contrary, the elderly were not effective in adapting to the modern cuisine. Till date, many of elderly still look for the ingredients and prepare the early favorite meals on special occasions like new yam festivals when they get elderly guests for group meetings. On such occasion, old foods like *abari* in Igbomina Kwara state, 'agbado owowo' in Abeokuta Ogun state, *efo yonri* and *eko* in Yewa Ogun state, 'esikiri', and 'isapa' soup in Akoko Ondo state etc. other soups includes *efo odu*, *luru*, *efo ogun*, "eboio" etc. all these are special treats to the elderly in the rural area of South-West and are habitually taken with local beverages like 'oti sekete', *burukutu*, 'pito' (cereal based beverages). Nigeria have large number of indigenous food crops unique to each tribe and well suited to local conditions and to the soil. These foods have been ignored in Agriculture development activities most probably because they are of little or no commercial advantage in world markets.

Some may be neglected because they are nutritionally inadequate and of low benefit or as ordinary diets (Oguntonna 1985). Others may not be easy to cook nor appealing to taste but were consumed to avoid hunger. 'Imondu' is a good example, it was eaten in Benue state, Nigeria in the past. The food was found inside the anthills in deep forest mostly by hunters and farmers. When swallowed and water taken with it, will swell up inside and create a sense of fullness in the stomach. So is "agandagidi", among the Yoruba, this food is boiled and eaten with palm oil. Another example is "Ansa" native to Sokoto (Okhiria 2010). "Ansa" usually boiled with potash to soften it after which pepper and oil supplement and eaten. Many of the foods are without meat, fish or any protein alternative. These are just few examples of ancient foods that have gone extinct thus leading to the gradual and systematic changes in the food habit and practices by Nigerians.

In Nigeria, today, there is a little attention on indigenous foods in the country tourism industry, no information on current consumption pattern and even on their availability. The over dependence on foreign foods in Nigeria hospitality and tourism industries is due to insufficient information on indigenous foods consumption value, culture and heritage, so the aspirations of foreign tourists who are longing for local cuisine and new experiences are unfulfilled.

Nigerian traditional menus consist of dishes or food items from the hundreds of ethnic groups that comprise the West African nation of Nigeria. Like other West African dishes, it uses spices, herbs in conjunction with palm oil or groundnut oil to produce deeply-flavored sauces and soups often made very hot with chili

peppers. Nigerian feasts are colourful and luxurious, while aromatic market and roadside snacks cooked on barbecues or fried in oil are plentiful and varied.

Area of Study and Sampling Procedure

Yoruba traditional menus consist of dishes or food items from the hundreds of ethnic groups that comprise the West African nation. Like other West African dishes, Yoruba menus uses spices, herbs in conjunction with palm oil or groundnut oil to make deeply-flavored sauces and soups often made very hot with hot peppers.

Yoruba feasts are fascinating and lavish, while aromatic market and roadside snacks cooked on barbecues or fried in oil are plentiful and varied (Saburio, 1993.).

The primary data were collected through structured questionnaires that contains relevant questions on socio demography of indigenes, and food frequency questionnaire of the dishes.

Purposeful, random and snowball approaches were used in selecting the respondents for the purpose of the study.

Purposively, the study was conducted in tourist circuit region 1 that comprises of six states in the old Western Region of Nigeria. From these circuits, Osun/Oyo in South West and five states were selected for the study, thus leading to the selection of 5 states namely Lagos, Ogun, Osun, Ondo and Ekiti States. From each of the selected states, three local Government area were selected and from each ethnic division of each state randomly. In Ogun State, there are 4 Ethnic Divisions, in Lagos State 5 Ethnic Divisions, Osun State was purposefully divided into 4 divisions, Ekiti and Ondo States also were purposefully divided into 4 and 5 divisions respectively. Thus the Local Government

Areas selected from each state for this study were as follows, Ogun – 12, Lagos – 15, Osun – 12, Ekiti -11 and Ondo – 15 respectively. Furthermore, from each of the selected Local Government Areas, one paramount leader was randomly picked.

Furthermore, from each of the selected Local Government Areas, one key leader was randomly picked. Once the paramount leader has been selected and contacted, snowball technique was employed to select 5 respondents from each Local Government Area. The paramount ruler helps in contacting traditional women leader who in turn helped in locating the 1st respondent. Based on the first respondent's knowledge of who can prepare the local foods, the 2nd respondent was identified. The 2nd respondent also identified the 3rd, the 3rd identified the 4th and finally identified the 5th respondent. Thus, the procedure led to the selection of 60 respondents in Ogun State, 75 respondents in Lagos State, 60 respondents in Ondo State, 60 respondents in Osun State and 60 respondents in Ekiti State that constitute the total sample size of 330 respondents. The summary of the sampling is as presented in Table 1.

Data Collection

The data for the study were collected from both primary and secondary sources. The primary data were through a pre - tested structured questionnaires that contain related questions on Socio demography of indigenes, availability, accessibility and affordability of the dishes. The secondary sources were the relevant data collected from journals, textbooks, serials, magazines and newspapers.

Table 1: Sampling Procedure and Size

States	Ethnic Divisions	3 Local Governments	Traditional Head per Ethnic	5 Respondents Per Local Governments	Total Respondents
Ogun	4	12			
Lagos	5	15	12	60	60
Ondo	5	15	15	75	75
Osun	4	12	15	75	75
Ekiti	4	12	12	60	60
GRAND TOTAL		12	12	60	60
<i>Source: Field Survey: (2010)</i>					330

TABLE 2: Types and frequency of Consumption of Indigenous Dishes in Ogun State

Description of dishes	% Distribution of consumption		
	Weekly	Monthly	Yearly
Roots and Tubers based recipe			
Ebiripo with pepper sauces (cocoyam/wateryam based)			50.00
Ikokore with eko tutu or eba (wateryam and maize based)	55.60	44.40	
Sapala with pepper sauce (cocoyam based and garden egg)	43.50	43.50	13.00
Legumes and nuts based recipe			
Awuje with eba or amala			
Ekuru with pepper sauce	76.90	23.10	
Jogi with eko or gari	66.70	16.80	
Apapa with cold eko or gari	71.40	21.40	16.50
Owowo (corn, cowpea and groundnut)			7.10
Ewa ibeji with garri or cold eko	50.00	25.00	100.00
Abari with cold eko (unripe plantain and maize based)	44.60	2.70	25.00
Gbegiri with Laafun (beans based and cassava based)		62.50	10.70
Obe eki ati amala or laafun (cowpea and yam/cassava flour)	47.60	28.60	37.50
Osiki egusi with pounded yam/Amala (melon and yam based)			23.80
Opoporu and Eko/Amala (beans and maize based)	55.60	25.90	100.00
Ewa otili with eko (wild beans native to ijesa and Ekiti people)		62.50	18.50
Vegetable based recipe			
Gbure with eba (water leaves and cassava)	47.60	47.60	4.80
Efo ebolo with Iyan ogede	51.70	34.50	
(pounded yam and unripe plantain with vegetable)	80.00	20.00	13.80
Obe efinri with Iyan paki (pounded cassava and vegetable based)	55.60	27.60	
Amunu tutu with Laafun (cassava with vegetable)	60.00	40.00	16.70
Efo yonri with laafun (leafy vegetable and cassava based)	47.60	28.60	
Obe isapa elegus and iyan isu (vegetable and yam based)	57.70	23.10	23.80
Ila alasepo with furupuru (okro and cassava based)	52.60	20.30	19.20
Bokonisa and cold eba			21.10
Cereal based recipe			
Ofada rice with green pepper sauces	41.70	3.50	16.70
			20.80

Source: Field Survey: (2010)

Assessment of Indigenous Local Dishes in the Study Area

Types: The respondents were asked to specify the type of local dishes they were aware of with options of Yes or No. There were interviews on types and frequency of consumption based on different food groups.

Results and Discussion

Types and Frequency of Indigenous Dishes Consumed by the Native Respondents of Ogun, Osun, Ondo, Ekiti and Lagos States.

The frequency data was based on respondent sample as summarized in Table 1.

Types and frequency of Consumption of Indigenous Dishes in Ogun State

Table 2 shows the types and frequency of consumption of the indigenous dishes in Ogun state. Those with high consumption (highest percentage on consumption) include *Sapala* with pepper sauce. Among the legume based foods most consumed are *Awuje* with *eba*; *Ekuru* with pepper with *eko* or *gari*; *Owowo*, *Ewa Ibeji*, and *elegusi*(melon seed ganished with vegetable). Those with low consumption i.e (occasional or once in a while) are *Apapa* with cold *eko* or *garri* and *Obe eki* with

TABLE 3: Types and frequency of Consumption of Indigenous Dishes in Osun State

Description of dishes	% Distribution of consumption		
	Weekly	Monthly	Yearly
Roots and Tubers based recipe			
Sapala with pepper sauce (cocoyam based and garden egg)	27.00	54.10	18.90
Legumes and nuts based recipe			
Ekuru with pepper sauce	54.50	27.50	18.20
Jogi with eko or gari	62.50	19.60	17.90
Vegetable based recipe			
obe elegede with pounded yam (pumpkin and yam)	57.40	31.90	10.60
Efo ebolo with Iyan ogede (pounded yam and unripe plaintain with vegetable)	54.10	-	-
Efo ogunmo with Iyan koko (pounded cocoyam with vegetable)	-	52.60	47.40
Obe ajefowo with Laafun (cassava with vegetable)	-	52.60	47.40
Amunu tutu with Laafun (cassava with vegetable)	58.30	46.50	-
Efo odu and ogede agbagba (leafy vegetables, unripe plaintain and yam)	-	73.80	26.20
Efo ogunmo and iyan koko (leafy vegetables with unripe cocoyam)	-	73.00	27.00
Efo osun with ogede agbagba (leafy vegetables with unripe plaintain)	-	73.70	26.30
Obe isapa elegusi and iyan isu (vegetable and yam based)	-	68.80	31.20
Obe Eleruju with pounded yam/cocoyam/cassava or the combination (herbal soup and yam/cocoyam/cassava based)	-	-	100.00
Ila alasepo with purupuru (okro and cassava based)	60.00	40.00	-

Source: Field Survey: (2010)

Amala. Dishes on monthly consumption include *Abari* with cold eko (62%) and *Opoporu* (62%).

Vegetable soup such as *efo odu*, *efo Ogunmu* (73%), *efo osun* (73%) and *Obe Isapa* (68.8%) are in moderate

TABLE 4: Types and Frequency of Consumption of Indigenous Dishes in Ondo State

Description of dishes	% Distribution of Consumption		
	Weekly	Monthly	Yearly
Roots and Tubers based recipe			
Legumes and nuts based recipe	53.30	26.70	20.00
Ewa ibeji with garri or cold eko	47.00	37.50	15.50
Apon/ogbono with amala or pounded yam (seeds obtain from African mango fruits)			
Vegetable based recipe	66.70	33.70	-
Obe elegede with pounded yam (pumpkin and yam)	66.70	26.70	6.70
Gbure with eba (water leaves and cassava)	46.90	31.30	21.90
Ogbolo with pounded yam/laafun (dried rounded peels of a creeping plant)	56.60	37.70	5.90
Obe luru and Laafun/pounded yam (dried drawing leafy vegetable and cassava or yam flour)	-	53.50	46.50
Efo ogunmo and iyan koko (leafy vegetables with unripe cocoyam)	-	62.50	37.50
Obe isapa elegusi and iyan isu (vegetable and yam based)	66.70	26.70	6.70
Osiki egusi with pounded yam/Amala (melon and yam based)	-	53.40	46.60
Obe okorinru with pounded cocoyam (herbal soup and cocoyam based)	-	53.40	46.60
Obe eferin with pounded yam/cocoyam/cassava (herbal soup and yam/cocoyam/cassava based)	73.30	20.00	6.70
Ila alasepo with Iyan ana (left over pounded yam and mixed okro)			

Source: Field Survey: (2010)

Types and frequency of Consumption of Indigenous Dishes in Osun State

Table 3 shows the types and frequency of consumption of the indigenous dishes in Osun state. The weekly (high), monthly (moderate) and yearly (low) percentage distribution of consumption of all indigenous dishes ranges from 27.00 to 62.50%, 27.50 to 73.70%, and 17.90 to 100% respectively.

The most frequently consumed is *Jogi* (legume based dish) (62%) *Ila alasepo* (okro vegetable based soup) with *purupuru* (cassava base dish) (60%).

consumption. The lowest frequency of consumption is *Obe Eleruju* with pounded yam/cocoyam/cassava or the mixture (herbal soup and yam/cocoyam/cassava based) in Osun state.

Types and Frequency of Consumption of Indigenous Dishes in Ondo State

Ondo state frequency of consumption of the indigenous dishes is as presented in Table 4. The most frequently consumed are *Ila alasepo* with *Iyan ana* (left over pounded yam and mixed okro) (73%); *Obe elegede* (66.7%); *Gbure* with *eba* (66.70%) and *Osiki egusi* with

TABLE 5: Types and frequency of Consumption of Indigenous Dishes in Ekiti State

Description of dishes	% Distribution of consumption		
	Weekly	monthly	Yearly
Roots and Tubers based recipe		72.20	27.80
Ebiripo with pepper sauces (cocoyam/wateryam based)			16.70
Legumes and nuts based recipe	50.00	33.30	16.70
Ekuru with pepper sauce	50.10	33.20	10.00
Ewa ibeji with garri or cold eko	50.20	39.80	
Gbegiri with Laafun (beans based and cassava baased)	50.30	33.00	16.70
Osiki egusi with pounded yam/Amala (melon and yam based)		83.30	16.70
Ewa otili with eko (wild beans native to ijesa and Ekiti people)		72.20	27.80
Vegetable based recipe			27.80
Obe efinri with Iyan paki (pounded cassava and vegetable based)		72.20	
Obe eeru with pounded yam (Herbs seeds and yam based)	55.60	44.40	
Efo odu and ogede agbagba (leafy vegetables, unripe plaintain and yam)			100.00
Obe oogun with pounded yam/cocoyam (herbal soup and cocoyam based)		72.20	27.80
Obe efinri with pounded yam/cocoyam/cassava (herbal soup and yam/cocoyam/cassava based)			100.00
Ogiri and Ila alasepo with pounded cocoyam (Ekiti and Ijesa people)			16.70
Cereals based recipe	50.40	32.90	
Ofada rice with green pepper sauces			

Source: field Survey, 2010

TABLE 6: Types and Frequency of Consumption of Indigenous Dishes in Lagos State

Description of dishes	% Distribution of Consumption		
	Weekly	monthly	Yearly
Roots and Tubers based recipe		86.90	13.10
Ebiripo with pepper sauces (cocoyam/wateryam based)		74.10	25.90
Akon with Ela isu (roast yam with garden eggs)			44.40
Legumes and nuts based recipe		55.60	23.00
Frejon (cowpea and coconut custard)	38.50	38.50	14.90
Gbure with eba (water leaves and cassava)	42.60	42.60	14.90
Igbalo (steamed beans and melon blend)	42.60	42.60	
Apon/ogbono with amala or pounded yam (drawing seeds obtain from oro fruits)		83.30	16.70
Ewa otili with eko (wild beans native to ijesa and Ekiti people)			14.50
Vegetable based recipe	56.50	29.00	
Obe iyana ipaja with Amala isu (yam and vegetable based)			15.60
Cereals based recipe	51.60	32.80	
Ofada rice with green pepper sauces	43.50	42.00	14.50
Others			6.70
Obe alakan with boiled rice (boiled crab in tomatoes sauce with rice)	73.30	20.00	
Imoyo eleja with imoyo ebe (crab, shrimp and cassava based)			

Source: field Survey, 2010

pounded yam/Amala (66.70%).

Types and frequency of Consumption of Indigenous Dishes in Ekiti State

Table 5 shows the types and frequency of consumption of the indigenous dishes in Ekiti state. The most frequently consumed among root and tuber food group is *Ebiripo* with pepper sauces a cocoyam/wateryam based dish.

The lowest frequently consumed dishes were *ogiri* and *ila alasepo* with pounded yam, *obe oogun* with pounded yam/cocoyam and *gbegiri* with *Laafun* (cassava fermented flour).

Types and Frequency of Consumption of Indigenous Dishes in Lagos State

Lagos state respondent consume more of *Imoyo eleja* with *Imoyo eba* (crab shrimp and cassava based) (73%) followed by *Obe alakan* with rice (43.50%); *Ofada* rice with sauce.

The moderately consumed indigenous course is *ebiripo* (cocoyam based dish) with pepper sauce.

Discussion

The study showed that most of the indigenous dishes were consumed weekly by the native respondents, while some were consumed on monthly basis and few were consumed yearly basis especially those dishes that are no longer popular or classified into disappearing dishes among the natives or those that were merely attached to one festival or the other because of cultural influence on the use of such dishes. In the process of data collection we observe that elderly are still the custodian of the various methods of preparation and processing of the native dishes and meals. In the distribution of the indigenous food groups, legumes based are the most common in Ogun state. The reason

for this may be traced to the pre-colonial and colonial days when there is an excellent stimulation of legumes by the then colonial masters.

The high frequency of legume based foods grown in the northern part of Nigeria is consumed among Yoruba in south west is not surprising as many food trade can take place within the country.

As communities moved north, south, east or west, they took with them food habits some of which became modified as they become integrated into existing food patterns of receiving communities (Tomilinson, 1993; Tribe, 1997). Fried bean balls (*akara*), a typically Yoruba cowpea product which is usually served with maize gruel (*eke, akamu*) or cold maize pudding (*eko, agidi*), and as important breakfast item amongst the Yorubas. They are commonly consumed in different parts of the sub region (Annegers 1993; Ogbeide 1994). The people in Ogun state consuming these legume based indigenous dishes are usually the elderly people especially *Awuje, Jogi* and *Ekuru*. The importance of these legumes cannot be overruled in the nutrition culture and economy of Yoruba people. The use of *Jogi* from cowpea as breakfast meal with maize in form of *eko* is very common in the elderly group. *Jogi* has a lot of complementary value for maize and cassava product (*Gari*). The complementary value is also found in *Awuje* with *Eba*; *Gbegiri* with *Laafun*. *Owowo* a mixture of corn cowpea and ground nut; *Ewa ibeji* which is mashed cowpea in stew; *Osiki elegusi* is a melon seed soup. The seed of the African melon fruit used in preparing *Egusi* soup are usually grinded before use. It is oily and adds a nutty flavor to the soup. There are seeds based dishes which include *apon* soup. The *apon* seeds are obtained from the nuts of the

African mango bush and air dried in the sun. It has a subtle aromatic flavor and it's very mucilaginous when cooked. These seed can be bought whole or powdered in major markets of South west Nigeria.

In Osun state *sapala* is moderately consumed. *Sapala* a cocoyam based dish eaten with garden egg sauce among Ijesa elderly Ebiripo with sauce among Ogun state and pounded cocoyam refer to as *Iyan koko* are native to Yoruba elderly. For *sapala* not to disappear among Yoruba people, it will be required for manufacturer to develop this particular dish as well as other cocoyam based dishes. Cocoyam based dishes are consumed moderately or in low frequency among many Yoruba people. The general opinion on cocoyam indigenous food is close to disappearance if no advocacy for cultivation.

Cocoyam (*Colocasia esculenta*) is a well-known food plant that has a long history of cultivation among elderly people in south west. Its corms are important sources of starch. Cultivars of two species *Colocasia esculenta* (taro) and *Xanthosoma sagittifolium* (tannia) are commonly grown for food. It is consumed in homes, especially during periods preceding the yam harvest, which underscores its importance as a possible substitute for the crop (Ajijola *et al.*, 2003). It is used essentially the same way as yam, although the indigenous dishes from cocoyam are not as highly valued. Cocoyam is an excellent complementary element for all sorts of meals, as it offers vitamins and soluble fibres (Niba, 2003; Ndabikunze *et al.* 2011). Cocoyam ranks third in importance after cassava and yam among the root and tuber crops that are cultivated and consumed in rural areas by the elderly in Nigeria (Olayiwola, 2003). The crop is no longer favoured in urban homes due to limited information about its

nutritive values. The widespread ignorance of the nutritive value and diversities of foods from cocoyam constitutes a major obstacle to its general acceptability and wider cultivation. Therefore, further efforts are needed to popularize its production among farmers and improve its food usage among consumers (Okoye *et al.*, 2008; Adejumo and Famidele, 2012). Hence, there is the need to raise cocoyam demand among consumers and in food industry.

In lagos state *Imoyo* is an indigenous food highly consume among the elderly and adults in Lagos. The major ingredients are catfish. Shrimps/prawns spiced with vinegar/lime, tomatoes and green pepper. *Imoyo eja* and *eba* is a traditional dish among the Aworis that reside riverine areas of Lagos lagoon; Epe and Ikorodu. Often used for regular meals as lunch or dinner. Another popular indigenous dish is Ofada rice with pepper sauce. It is usually spiced with locust bean and green pepper. Ofada rice and green pepper sauce is a special food cherished by many indigenes of South west, Ekiti State and Abeokuta in Ogun State. Especially for festivals and important occasions like weddings, coronations, annual meetings and religious celebrations. People regard for ofada rice has drastically reduced from early 70s due to importation of highly polished rice that do not require much effort for the removal of stones as does the later. However, lately ofada rice is becoming very popular once again. Source; Okhiria 2010.

Conclusion and Recommendations

This article has given an insight into the type and pattern of consumption of indigenous foods and dishes among Yoruba in South western states of Nigeria. All food groups are being consumed among Yoruba people however legumes and vegetable based meals are highly

consumed among the indigenous foods. Some native foods were eaten once in a year or during festivals among some elderly people. Cocoyam based dishes are in low consumption, so care should be taken to make sure this food and some other indigenous foods does not disappearance from our culture.

This is time for sustenance and promotion of traditional food culture: - This is necessary for cultural awareness, mobilization and development among the youths and young adults, leading to identifying different national identity, socio-cultural forms and material traits that contribute to actual Nigerian culture.

Nigeria hoteliers should give indigenous dishes more prominence through promotion of Nigerian cuisine and strengthen our culinary tradition by serving more of local produce than foreign dishes served as evidence of class status.

Indigenous dishes should be prepared and cooked in its local forms, through the use of local spices and condiments. This will let the dishes retain their natural taste, aroma and flavour. Thus both local and foreign tourists would like the local cuisine, experience they desire to see at destination.

- Standardization and other related studies can be carried out on indigenous dishes hoping that this study has relevant data upon which such research can build.

More accessible research funding on indigenous foods and dishes from Government, Food Industry and Hospitality Industries.

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