

Table of Contents

<i>Preface</i>	ix
<i>Abbreviations</i>	xi
 Chapter One	
1. Introduction	1-13
1.1. Preamble	1
1.2. Definition of concepts, period and study area	1
1.3. Aims and purpose	2
1.4. Review of literature and other sources	6
	8
 Chapter Two	
2. Production and consumption of traditional staple foodcrop in pre-colonial Nigeria	14-54
2.1. The major staple foodcrops in Nigeria around 1900	14
2.2. Land rights, land use and food production in pre-colonial Nigeria	14
2.3. Food markets and food distribution in pre-colonial Nigeria	30
2.4. Food customs and dietary habits in Nigeria in the late nineteenth century	35
	41
 Chapter Three	
3. Colonialism and changes in the food customs and food economies of in Nigeria 1900 - 1960	55-91
3.1. Introduction	55
3.1.1. Pacification and development of the food economy	55
3.1.2. Abolition of slavery and the food economy 1901 - 1918	55
3.2. Economic and infrastructural development and the development of the food economy	57
3.2.1. The development of the transportation sector and its influence on the food economy	62
3.2.2. The development of wage employment, the monetization of the economy and the development of the food economy and food customs	63
3.2.3. Development of agricultural export crops and its effects on the food economy and food customs	66
3.3. Continuity and change in the food customs and food economy during the colonial period	68
3.3.1. The colonial government and the transformation of Nigerian food customs	76
	76

3.3.2. Changes in the food habits of Nigerians during the colonial period	84
Chapter Four	92-130
4. War and food in Nigerian history 1966 - 1970	92
4.1. Introduction	92
4.1.1. Famine as an instrument of warfare	94
4.1.2. The blockade of Biafra and the breakdown of indigenous food supply structure	95
4.2. Attitudes to starvation and the question of feeding both in Biafra and Nigeria	99
4.2.1. Biafran government and wartime feeding	99
4.2.2. The Nigerian government and the Biafran food question	102
4.3. Experience with hunger and starvation 1967 - 1970	106
4.3.1. The development of food shortages and the effects of hunger on the peoples of Eastern Nigeria	106
4.3.2. Food trade in the blockaded Biafra	110
4.3.3. The effects of hunger	111
4.4. Internationalization of the Biafran hunger problem	113
4.4.1. Biafra and the propaganda value of starvation	120
4.4.2. International famine relief: the Biafran case	123
4.4.3. Effects of international food relief on the Nigerian food customs	128
Chapter Five	131-167
5. Oil economy, urbanization, population growth, and changes in the food economy and food customs 1970 - 1980	131
5.1. Introduction	131
5.2. The nature of the food economy in an oil boom era	131
5.2.1. Social status and conspicuous consumption	139
5.2.2. Customs and change in infant nutrition	145
5.3. Urbanization, food supply and nutrition	156
5.4. Population growth and the nutrition question	161
Chapter Six	168-186
6. Food question and the politics of the 1980s	168
6.1. Food politics in the 1980s	168
6.2. "Essential commodities" and the Nigerian food customs and food economy	174
6.3. The politics of rice importation	176
6.4. Effects of massive food imports on the indigenous food economy and food consumption patterns	179

Chapter Seven

7.	Food Deprivations and Belt-tightening in the late 1980s	187-203
7.1.	Introduction	187
7.2.	Structural adjustment programme and food deprivation	187
7.3.	Patterns of nutrition in a period of economic crisis and changes in the relative importance of certain food items	189
7.4.	Part-time farming and its significance on nutrition	191
7.5.	Structural adjustment programme and the development of commercial farming	194
7.6.	The development of Nigerian food industries	197
		201

Chapter Eight

8.	Summary and conclusion	204-266
8.1.	Importance of money and markets	204
8.2.	Changes in the land tenure and land use system	205
8.3.	Institutional involvement in the food economy and food culture	207
8.4.	Changes in the concept of food and cooking utensils	209
8.5.	Food availability and nutritional standards	212
8.6.	The spread of food customs	214
8.7.	Women's role in the food economy	216
8.8.	Food customs, food economy and ecology	218
8.9.	The role of water in the food economy and food culture	218
8.10.	Food processing and food security	220
8.11.	Outstanding nutritional problems - protein and hygiene	221
8.12.	The problem of cooking fuel	222
8.13.	Conclusion	225
		225

*Appendix**Bibliography*

227-233

Zusammenfassung (A Summary in German)

234-252

254-287