

# Module 1

## Introduction to Household Food Security

■ Module code: PHFS01K



### TUTORIAL LETTER 101/2010

Tutorial Letter 101: Assignments 1 & 2

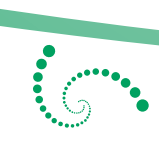
**READ THIS LETTER CAREFULLY**

It contains important information on the assignments





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We would once again like to congratulate you on being selected as a student on this prestigious programme!

Hopefully you have already read Tutorial Letter (TUT) 301, which is a general information letter introducing you to the programme and which gives you valuable general information on important aspects of the programme. If you have not yet read **TUT 301**, please do so before you continue reading this Tutorial Letter 101 (TUT 101).

TUT 101 contains important information regarding the Assignment 1 and Assignment 2 for Module 1.

**This letter also contains Assignments 1 and 2 for Module 1, so after you have carefully read it, immediately start working on the assignments**

## 1. ASSIGNMENTS: GENERAL INFORMATION

There are two assignments for this module and you will find them at the back of this tutorial letter. Both assignments are **compulsory**. You CANNOT, for example, submit only Assignment 1 and receive 90% and then not submit Assignment 2. The mark for assignment 1 will be only 10% of the final mark. The mark of Assignment 2 will be 20% of the final mark.

You will note from the tutor-facilitated contact schedule in TUT 301 that you Only have about 15 days to work on an assignment, so do not delay!

### 1.1 What are the submission dates for assignments?

The submission dates for all the assignments for Module 1 are given in the table below. You can keep a record of the dates you submit your assignments.

Assignments	Work covered by the assignment	Assignment due date	Assignment submitted Mark with ✍
Assignment 01	Unit 1 of Module 1	21 August 2010	
Assignment 02	Units 2 &3 Module 1	4 September 2010	

### 1.2 Why is it important to submit assignments on time?

One of the reasons why assignments must be submitted on time is given in the block below.

### IMPORTANT NOTICE

#### ALWAYS SUBMIT YOUR ASSIGNMENT TO THE HFS TUTOR

Your assignment must be submitted to the HFS tutor by the date on your schedule at the contact workshop session for it to be marked in time.

#### PLEASE DO NOT USE THE USUAL UNISA POSTAL ADDRESS OR ASSIGNMENT INSTRUCTIONS

### 1.3 What happens if assignments are submitted late?

You are aware of the importance of submitting your assignments on time, but are there exceptions to the rule? An extension can be agreed between you and your lecturer/tutor in case of sickness and under exceptional circumstances.

### IMPORTANT NOTICE

However if assignments are handed in late without an agreed extension you will forfeit 10% of the total marks allocated.

### 1.4 What are general instructions regarding the assignments?

- (1) Use only the cover and envelope provided for doing the assignments (but do not post)
- (2) Each page must be very clearly numbered.
- (3) Answer the questions in the same order as they are given, and make sure that you number them correctly.
- (4) **Do not write in the space reserved for tutorial comments.**
- (5) Specify the module code and assignment number in all enquiries about assignments.

### 1.5 How should you submit an assignment?

Assignments should be submitted to HFS tutor for marking in a cover sheet and in an envelope. The assignments will then be moderated by lecturers at UNISA.

### IMPORTANT NOTICE

This is important for you as the student to submit the assignment to the tutor. No assignment should be posted directly to UNISA address or the HFS Programme Office at UNISA. The assignments will be sent by the tutor to the HFS Programme office to be moderated by the lecturer and your mark to be recorded on the UNISA mark system.

### The submission of assignments by fax or e-mail is not allowed.

For detailed information and requirements as far as assignments are concerned, you can also consult with the HFS Programme Office. (Refer to your General Tutorial 301).



## 2. ASSIGNMENT 1:

**DUE DATE: 21 AUGUST 2010**

It is advisable to keep a copy of your answers.  
For this assignment you need to study **Unit 1** of your Study Guide

### QUESTION 1

1. Give a definition or explanation of the following words or concepts:
  - 1.1 Food availability (3)
  - 1.2 Food access (3)
  - 1.3 Food utilization (3)
  - 1.4 Food stability (3)
  - 1.5 Food security status (3)
  - 1.6 Micro level (3)
  - 1.7 Exo level (3)

### QUESTION 2

- 2.1 List the dimensions of the Food Security Model. (4)
- 2.2 Describe the difference between food security and food insecurity in a paragraph. (9)

### QUESTION 3

- 3.1 Thandi needs help. The kind of help she can get is shown in the table below. Complete the table by adding the level of action on which the help indicated, takes place. (8)

Help for Thandi	Levels of action
Hospital clinic	
Household garden	
Ambulance to the hospital	
Household waste removal	
Nutrition education from the clinic	
Soup kitchen run by local NGO	
Small holder farmer support policy	
National food bank	

- 3.2 Use your own words to briefly explain the difference between the natural and socio-cultural environment. (2)

#### **QUESTION 4**

- 4.1 Give a description of the meaning of the concept “human right to food”. (2)
- 4.2 Is it the duty of government to “hand out” food to people?  
Give your reasons for your answer. (4)

**TOTAL: 50 MARKS x 2 = 100%**

**END OF ASSIGNMENT 01**



### 3. ASSIGNMENT 2:

**DUE DATE: 4 SEPTEMBER 2010**

It is advisable to keep a copy of your answers.

Carefully study Units 2 and 3 of the **Study Guide**.

It is of the utmost importance that you get a 'big picture' view (holistic view) of what this module is all about **before** you try to do Assignment 02.

This can only happen when you make a thorough study of the relevant content and summarise each section as you finish with it.

Read the question very carefully to decide exactly what is expected from you. Well thought-out, critical thinking answers are expected of you.

#### QUESTION 1

Give the definition or description of the following concepts:

- |      |                       |     |
|------|-----------------------|-----|
| 1.1  | Food security status  | (3) |
| 1.2  | Nutritional status    | (3) |
| 1.3  | Malnutrition          | (3) |
| 1.4  | Undernourishment      | (3) |
| 1.5  | Overweight            | (3) |
| 1.6  | Livelihood assets     | (3) |
| 1.7  | Livelihood strategies | (3) |
| 1.8  | Stakeholders          | (3) |
| 1.9  | Public policy         | (3) |
| 1.10 | Consumption strategy  | (3) |

#### QUESTION 2

- |     |   |     |
|-----|---|-----|
| 2.1 | A household consumes mainly maize and tea, and is further dependant on food parcels and the children on school meals. You are a garden care giver, what kind of seeds would you recommend to plant or foods to buy to prevent "hidden hunger" | (4) |
| 2.2 | Explain what it means if a person is overweight, but malnourished and suffering from "hidden hunger"  | (3) |
| 2.3 | Give a suitable strategy that will be address Vitamin A deficiency among children in rural provinces of South Africa in the long term, rather than using Vitamin A capsules provided by the clinic.   | (3) |

### QUESTION 3

- 3.1 Sarah is an orphaned girl. She also has to look after Sipho the baby. What could be done to help Sarah as an orphaned girl to ensure her food security as an individual and also improve the food security of Sipho and the household. (5)
- 3.2 Suggest how help can be given to the people in Question 3.1 to address the food security situation in such a manner that it will not interfere with the personal household relationships. (5)

### QUESTION 4

Read the *People's voices* below which was taken from your study guide, page 61:

"I lost my job at the maize mill. I was just long enough in the job to quit planning my fields back home. The government closed the maize board which affected the export price of maize. I was jobless with no income. I could not go back to my village as the fields had not been cleared and planted. There would be no harvest the next season. I cannot go home without any money to buy seeds.

- 4.1 Identify from the *People's voices*, the different levels of action and the corresponding livelihood strategies the gentleman is dependent on. (4)
- 4.2 Complete the following table to show the causes that place the livelihood and household food security strategies of the gentleman and his family at risk, as well as the effects this will have on the family. (6)

Causes that affect livelihood and household food security strategies	Effects on family when livelihood strategies and household food security is at risk

- 4.3 What kinds of intervention (help and support) can assist the gentleman to go home and again start livelihood activities on his land? (3)

### QUESTION 5

- 5.1 Women are involved in many kinds of livelihood activities. In any poor community a woman's role cannot be confined only to the household. Draw a table on which you give in the first column the different activities and in the second column the examples of activities the typical African woman needs to be involved in to maintain household food security. **Also** give the



relationship of the example to a food security dimension in a third column.. (10)

### QUESTION 6

Give an explanation with an example of each of the capitals ( assets) shown below:

- 6.1 Natural capital (2)
- 6.2 Physical capital (2)
- 6.3 Financial capital (2)
- 6.4 Social capital (2)
- 6.5 Human Capital (2)

### QUESTION 7

Explain the following concepts so that the difference between them is clear. Also give an example of each.

- 7.1 Chronic food insecurity
- 7.2 Transitory food insecurity
- 7.3 Seasonal food insecurity
- 7.4 "Hunger gap" (10)

### QUESTION 8

- 8.1 Name the four steps of the policy-making process and a short description of each step. (8)
- 8.2 What is the vision (of government?) for food security for South Africa? (2)

**TOTAL: 100 MARKS**

**END OF ASSIGNMENT 02**

