

Unit 15: Gender and Human Nutrition

Basic Gender Terminologies and Their Roles in Food Production

1. Basic Gender Terminologies:

- **Sex:** Refers to the biological differences between males and females, such as physiological and anatomical differences.
- **Gender:** Refers to the economic, social, political, and cultural attributes and opportunities associated with being male or female. Gender roles and expectations vary across cultures and can change over time.
- **Gender Equity:** The process of being fair to women and men, ensuring that measures are taken to compensate for historical and social disadvantages and create equal opportunities.
- **Gender Equality:** The state where men and women enjoy the same rights, opportunities, and resources.
- **Gender Integration:** Strategies that incorporate gender norms into program design, implementation, and evaluation to address gender-based inequalities.
- **Gender Mainstreaming:** The process of integrating a gender equality perspective into all aspects of policies, programs, and organizational practices.
- **Women's Empowerment:** Improving women's status and decision-making abilities, particularly regarding their sexuality and reproductive health.
- **Gender Sensitivity:** Acknowledging and addressing differences and inequalities between women and men, ensuring that policies and initiatives meet their diverse needs.

2. Gender Roles in Food Production and Consumption:

- **Roles in Food Production:**
 - **Women:** Play a crucial role in food production, from land preparation to harvesting. They contribute significantly to tasks such as land clearing, seedbed preparation, sowing, weeding, and harvesting. Women also manage livestock, poultry, and engage in off-farm activities like petty trade.
 - **Men:** Often involved in more specialized or managerial aspects of farming, but roles can vary widely depending on the community and culture.
- **Impact of Gender Roles:**
 - Women are essential in ensuring nutrition and food safety, often managing household food processing and preparation. They also

spend a substantial portion of their income on household food needs.

3. Empowering Women in Food Production and Consumption:

- **Key Aspects of Empowerment:**
 - **Decision-Making:** Women's inclusion in decisions about agricultural production, resource management, and income control.
 - **Access to Resources:** Ensuring women have access to and control over productive resources and income.
 - **Participation in Household Tasks:** Encouraging men to share household responsibilities to reduce the burden on women.
- **Indicators of Empowerment:**
 - **Agricultural Decisions:** Women's involvement in decision-making about food and cash crops.
 - **Resource Access:** Autonomy in managing productive resources.
 - **Income Control:** Control over income and expenditures.
 - **Community Leadership:** Participation and leadership in community affairs.
 - **Time Allocation:** Effective time management across various activities.

Unit Summary:

- **Terminologies:** Understanding sex, gender, gender equity, gender equality, gender integration, gender mainstreaming, and women's empowerment.
- **Gender Roles:** The significant roles women and men play in food production and consumption.
- **Empowerment:** Importance of women's empowerment in agriculture and indicators of empowerment in food consumption.