

RURAL AND INDIGENOUS BEER PRODUCTION AND ITS RELATION TO THE USUAL DAILY DIET IN THE RURAL VILLAGE OF TANZANIA

Ryosuke Kubo

Key Words: Tanzania, Food habit, Local Beer, Amylase

1. INTRODUCTION

Africa is described as the continent of “conflict”, “poverty” and “starvation”. These problems are understood as the matter which must be solved to develop and stabilize international society. It is thought that to develop and stabilize the African society is necessary to develop and stabilize international society. Therefore, the ODA for African countries have increased after the year 2000. However, despite of increasing the ODA, economic poverty of Africa isn't solved. The reason of this situation is that people in economic-developed country don't understand actual situation of the African society. The purpose of this study is to make clear food habit at rural village in Africa which is important for understand the African society.

2. FOOD HABIT AND LOCAL BEER PRODUCTION IN TANZANIA

Survey was conducted at *Bupigu* village, located in south-central part of Tanzania. First of all, dietary survey was conducted by using 24 hour dietary recall to 40 villagers. According to the survey, staple food in the village was maize porridge (*ugali*). As side dishes, kidney-bean and green-leaf dish were eaten frequently. It corresponds with ordinary food pattern in Tanzania. In addition, concerning local beer production, there are three kinds of local beers “*Komoni*”, “*Kimpumu*” and “*Kiambule*” at the village. Producing methods and chemical components of these local beers were investigated. In the course of beer production, producers used reasonable beer making techniques in terms of food science.

3. MEASUREMENT AMYLASE ACTIVITY IN GERMINATED GRAINS

Amylase activity about finger-millet, maize, wheat, sorghum, pearl-millet was measured. It was found that alpha-amylase activity of finger-millet and sorghum are higher than other crops. In addition, wheat had highest beta-amylase activity in measured crops. However, a tropical climate such as *bupigu* village doesn't suit for growing wheat. These results indicate that crops having relatively high amylase activity have been selected for producing local beer under limited surroundings.

4. CONCLUSION

At *Bupigu* village, logical local beer production in terms of food science was performed under limited surroundings. From this result, it was suggested that the African society has the aspect which can't indicate by words such as “conflict”, “poverty” and “starvation”. From now on, to understand the African society deeply, it will be important that revealing actual situation of the African society which has not only negative aspects by various approach.