

# The traditional staple food for ghanaians

Sociology



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A complete mature full-grown plant reaches a height of about 2-4 meters. Under the cultivation fields, cut stem sections are planted like sugar canes each tube weighs one to several pounds depending upon the cultural type. Cassava is a gray-brown, rough woody textured skin, with a white color starch-rich sweet-flavored meat that should be eaten only after cooking. Cassava is used to prepare different kind of dishes which include Apple which is fermented cassava and corn dough, fufu which is a pounded cassava and Konkonte which is primarily dried peeled cassava powder. Cassava is the world third source of carbohydrates but a poor source of protein. Additionally, it has nearly twice the calories than potatoes, in a 100g root, it provides 160 calories, which comes from sucrose forming the bulk of the sugars in tubers. Cassava has very low fats and protein content than in cereals and pulses (Wagner, 2010)

Young tender cassava leaves are a rich source of dietary, copper, magnesium and vitamin K which is vital in bone construction promoting Osteotropic activity in the bones. It has the medicinal value of treating Alzheimer's disease patients by limiting neuronal damages in the brain. Fufu is prepared by boiling the peeled cassava and pounding into a dough-like consistency and later served with a soup.

Cassava is a rich source of carbohydrates which acts as fuel for energy; bodies require energy for their functionality and day to day activity. Cassava is a fiber food, reduces the risk of heart diseases and cancer also helps in diabetic and constipation reduction. In conduction, since it is a source of saponins, it helps reduce cholesterol levels and reduce acidic levels in the body by breaking down faster (Kuada, 2009).

Research shows that prolonged consumption of monotonous cassava diet

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may result in chronic like tropical ataxic neuropathy. In addition to that cassava plants produce, poisonous substance cyanide as a way it fends off animals trying to eat them, care should be taken to remove the skin. Where more concentrates of this cyanide are together with the innermost center fibers cassava, should be roasted or boiled to reduce these compounds to safe levels (Kuada, 2009).

In regions where it is the main dish, fruits and vegetables should be supplemented together with protein-rich food like beans; also food with vitamin B presence should be made present in meals since these vitamins are essential in converting nutrients into energy. Always care should be taken to ensure that one is never dehydrated, water is important in all body functions hence one should take at least 7 glasses of water per day.