

# FEEDING FAMILIES



## African Realities and British Ideas of Nutrition and Development in Early Colonial Africa

*Cynthia Brantley*

HEINEMANN  
Portsmouth, NH



# Contents

Maps, Figures, and Tables	ix
Preface	xi
Acknowledgments	xv
Groups Involved in the Study	xvii
Abbreviations	xix
1 Introduction: The British, the Context, and the Survey Team	1
2 The Africans: Three Villages, Three Ethnic Heritages, Three Ecologies, and the Urbanizing Experience	19
3 Three Villages and Urbanizing Life: Production and Consumption: The British and the Nyasaland Nutrition Survey, 1938–1940	67
4 The British Nyasaland Nutrition Development Unit in Nkhotakota District, 1940–1943	127
5 Conclusion: Lessons, Misapprehensions, and Legacies	145
Glossary	163
Bibliography	165
Index	213

*Illustrations follow page xix.*