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Family Role in Food Security in Obesogenic Societies: Insights from the Sokoto Caliphate

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Abstract

Abstract: The paper discusses the role of family in land management and farming activities in the context of the Sokoto Caliphate, led by Usmanu Danfodiyo and application in food security in obesogenic societies. The Caliphate emphasized food security through farming, with families owning land for cultivation and animal rearing. The family structure included the head of the household, members like wives, children, and others contributing to farming for food security and economic development. Key points from the paper are: Family role in food security (families in the Sokoto Caliphate engaged in farming for food security); farming practices (subsistence agriculture, animal rearing, and mixed farming were practiced); and gender roles (fathers led farming activities, mothers contributed to food processing and preparation, and children helped with light work). The paper discusses lessons from the Sokoto Caliphate's family structure and role in food security that can be applied to counter the current obesogenic culture affecting world populations.

Keywords: Salvation, ECWA, Eternal Security, Armenianism, Calvinism.

1. Introduction

Before the coming of Islamic reform (led by Shehu Usmanu Danfodiyo) in Hausaland consisting of states such as Kano, Zazzau, Kabi, Katsina, Gobir, Zamfara, was toiled under several pagan activities.¹ A reform movement that occurred through the intervention of Shehu Usamnu Danfodiyo in the Hausaland consisted of calling (Da'awah) in 1774-1793, further planning and reorganization occurred in 1793-1804, and in 1804-1810 Hijra, self-defense jihad, and triumph were recorded. Moreover, in between 1810-1817 consolidation of the Islamic state was ensured, leaving a legacy of intellectuality and scholastic activities that

¹Alkali, U.A. & Daud, K.A. (2015). The effects of colonialism on Shariah: The Malacca and Sokoto Caliphate experiences. *Jurnal Syariah*, 23(1), 167-188.

has vast impacts in human endeavors.² This legacy of Sokoto Caliphate was led by Usmanu Danfodiyo, the commander of the faithful.³

However, despite the fact that many units make a society, a major unit of society in Sokoto Caliphate like other societies is the family. Family is the basic unit that breeds members to greater field of the society. In the Sokoto Caliphate or Hausaland the family consist of head (of the household), members (wife and other women, children and others). The size of the family may be small or large, but all the members are expected to have responsibilities or roles. The adults and young ones (males) particularly shall do one thing or the other to earn a living and support the family. One major form of earning is farming. Every household have a farm (obtained through various means) in the field or (and) near the home to cultivate crops and (or) rear animals for food security of the family (household) and economic development of the general society.⁴ The objective of this paper is to discuss the role of family in land management and farming activities in the context of the Sokoto Caliphate, led by Usmanu Danfodiyo and application to food security in obesogenic societies.

2. Role of family in land management and farming activities

A LAMBETH study about the influence of factors on the participants on consumption of foods shows that, family exert 55% influence and 58% of the student respondents mostly consume fast foods.⁵ Shamsol & Fisol (2023)⁶ positioned that “Family is the initial creator of a children’s character, intellectual values, and standards.” Therefore, parents control what and which foods are to be available at home. A family is a basic and highly influential framework in human existence. The role of family can be illustrated through the Socioecological model (SEM), that consider human behavior change through the influence of several factors, albeit all the factors involved humans and mostly all the humans come from a family. The model is illustrated in Table 1.

Table 1: Application of Socioecological model (SEM) in the habit of humans

² Sheriff, V.F. & Altine, Z. (2018).

³Bala, A.A. & AINU, H.A. (2018). The role of Shyakh Uthman Bn Fodiyo in teaching and Da’awah activities towards the spreading the Sunnah and Combating Bid’ah in the Bilad Al-Sudan. *International Journal of arts and Humanities and Social Sciences*, 3(8),34-38.

⁴ Hashimu, S. & Ardo, T.(2016). A brief history of agriculture and its significance in Northern Nigeria. *The BEAM Journal of Arts and Science*, 9(2016), 1-6.

⁵ Oki, B.& Cunningham V.(2019). Promoting healthy eating in LAMBETH-focusing in the impact on health of hot-takeaway fast outlets.

⁶ Shamsol, N.S. & Fisol, N.N.M.M. (2023). The factors that influence youth consumption of junk food. *Journal of Tourism, Hospitality and Culinary Arts*, 15(1),147-163.

S/N	Factors/ determinants	Examples and explanations
1	Intrapersonal factors (IF)	They include the characteristics of a person such as knowledge, self-concept, and belief. These are affected through awareness creation using formal educational learning tools or otherwise.
2	Interpersonal factors	These include processes and groups such as friends, families, and peers, that are the primary contact of the person involved (staff or student). The peers, friends, mates, coworkers, and all other colleagues come from their various families and most have family footprints.
3	Institutional factors	These factors include the churches, mosques, workplaces, schools, and their norms. All these stated institutions are run by humans and both the leaders and followers emanate from families.
4	Community factors	Community factors are the relationships between different organizations or institutions.
5	Public policies	Refers to what the government decided to do or avoid, and the norms that affect public nutrition. All government officials that make, plan, and implement policies are rooted with their families, therefore can be influenced by family stand.

Source; Raingruber (2010)⁷; Simpson (2015)⁸

However, the importance of food security in Sokoto Caliphate is overwhelming. One of the complaints stated by Shehu Abdullahi in his *book Tazyinul-a-Warakat*, during their migratory movement to *Gudu* from *Dagel* is the inability of most of the migrants to move along with the food materials. Therein, the site (*Gudu*) selected for the migration was of several merits, including the availability of vast land that support farming, and pasture, animal rearing, and the accessibility to clean water in the *Tafkin Kwato*. After the momentous dwelling in *Gudu* the Shehu's people (Muslims) had to move to *Yabo (Magabci)* to seek for refuge and more importantly to have an opportunity to farm to gather food products for subsistence.⁹ It is important to state categorically that even the dwellings of Shehu

⁷ Raingruber, B. (2010). Health promotion theories. Joes and Barlette Learning, LLC.

⁸ Simpson. (2015). Models and theories to support health behavior intervention and program planning. Purdue Extension, Purdue University. www.edustore.purdue.edu.

⁹ Ayama, B.M. (2018). Takaitaccen tarihin Masarautar Gwadamawa. Sokoto: Kalenjani Printing Press Sokoto.

at *Dagel* is a merited site that was attracted to their forefathers for its vast pasture, afforestation, and source of water. The characteristics of *Dagel* helped a lot in adopting the Fulani population for their behavior of animal herding.¹⁰ Corroborating the nature of Hausa states (Sokoto Caliphate) ¹¹ described that “People rely basically on farming in raining season and their main food crops are millet, guinea corn, beans, ... sweet potatoes, etc.” Individual crops in the Caliphate are essential in food security and are healthy foods naturally taken by consumers, until the modern days of obesogenic foodstuffs. Some these crops found in the Caliphate are found in Table 1.

Table 1: Some these crops found in the Caliphate

S/N	Group	Examples	Example of possible healthy nutrients present
1	Cereals	Accaa, finger millet, barley, Bulrush millet, African rice, Asian rice, bread wheat, sorghum	Carbohydrates, minerals
2	Pulses	Peanut, pigeon pea, Bambara nut, cowpea, groundnut,	Proteins, vitamins, fats
3	Vegetables and oil seeds	Okra, onion, amaranths, pumpkin, cucumber, pepper, sesame, water melon, Jew’s mellow, African eggplant, carrot, tomato, cress	Minerals, vitamins
4	Tubers	Cassava, yam, potato	Carbohydrates
5	Fruits	Mango, papaya, cashew, orange, tiger nut, banana, date palm, sugarcane	Minerals, vitamins, phytochemicals (antioxidants)
		Ginger, back cumin	

Source: Blench (n.d.)¹²

The family is the basic unit of all societies. Good families are recipes to good societies.¹³ According to the land management systems in the Caliphate, family owns a land by buying, allocation (by the government or leader), free-gift from

¹⁰ Ayama, B.M. (2018). Takaitaccen tarihin Masarautar Gwadabawa. Sokoto: Kalenjeni Printing Press Sokoto.

¹¹ Bakhtiar, H.S., Nasir, S., & Thaha, R.M. (2024). The health belief model on fast food consumption. *International Journal of Chemical and Biochemical Sciences*, 25(14), 214-219.

¹² Blench, R.(n.d.). A history of agriculture in Northwestern Nigeria.pg.70-112.

¹³ Institute for American Values (2005). Why marriage matters, 2nd. Edition. Twenty-six conclusions from the social sciences. www.americanvalues.org

wealthy person, and renting. It is a policy inculcated in the *Ribats* created or established by the vision of Caliph Bello to have modern or urban Sokoto.^{14,15} The family in every *Ribat* is expected to own a land either linked to the house or otherwise where crops are cultivated for sustaining the family. Most of the families practice subsistence agriculture, but some practice large-scale farming as well. The father (alone or in collaboration with hired labor) performed the major farm work, while being supported by young male children (young ones). The women and daughters support the farming by helping in processing of harvested produce at homes or stores, and also aid in food preparation.^{16,17} Another farming strategy in the Caliphate is the animal rearing, which is domestication of animals or herding of animals in pasture. The interaction between crop farmers and animal keepers is symbiotic in nature. Farmers can use flooding, irrigation, and riverine areas to offer the dry season agriculture or utilize rainfall to practice rain-fed agriculture. Likewise, the practice of mixture farming whereby animals are kept and crop farming is done is possible to the Sokoto Caliphate families.^{18,19}

The role of mother

Invariably, in every family there are mothers that among their roles are to give-birth to newborns and contribute hugely in their care and upbringing. The mothers have definitely certain responsibilities to offer in a decent and proper family which is clamored by the Sokoto caliphate ideology. Some of the roles of mothers are:

- Educating the young ones on religion, and life skills. Boyd & Last (1985)²⁰ stressed that “in the Sheikh own family, his mother and grandmother were learned; so too was the mother of one of his teachers.” That is why the Caliphate stressed on the need to educate wives and

¹⁴ Muhammad, B.A.S. (2003). Land management in the Sokoto Caliphate; Lessons for contemporary Nigeria. *Annals of the Social Science Academy of Nigeria*, 1(14&15), 100-112.

¹⁵ Boyd, J. & Last, M.C.(1985). The role of women as "Agents Religieux" in Sokoto. *Canadian Journal of African Studies*, 19(2),283-300.

¹⁶ Muhammad, B.A.S. (2003). Land management in the Sokoto Caliphate; Lessons for contemporary Nigeria. *Annals of the Social Science Academy of Nigeria*, 1(14&15), 100-112.

¹⁷ Bashar, T.A. (2019). Women empowerment in the sokoto Caliphate. *International Journal of Research and Innovation in Social Science*, III(IX),14-17.

¹⁸ Tilli, F.S. (2024). An assessment of the contributions of Sokoto Jihad leaders to good governance. *Al -Risalah*, 15(1),491-514.

¹⁹ Hanafi, M. (2024). Economic rights of women under Sokoto Caliphate: A Lesson for contemporary women in Nigeria. *Spektra*, 13 (6), 1-20.

²⁰ Boyd, J. & Last, M.C.(1985). The role of women as "Agents Religieux" in Sokoto. *Canadian Journal of African Studies*, 19(2),283-300.

children, by implication educating the girls serve as an avenue to accord them with ware withal to educate the other family members.

- Life skill and development coaching- The mother serve as a coach to mothers by modeling them according to rightful life kills. The role of mother in this case may transgress to reach –out to outsiders; for instance Nana Asma’u famously established a movement (Yantaru) that delivered educational interventions or open university system to the fellow women in the 19th century Sokoto Caliphate, a system that was copied beyond this period.²¹

The role of father

Father is the head of the family and shoulder several responsibilities that are connected to the wellbeing of the family members and profitability of the family is tied-up to the betterment of the whole society.²² The followings are some roles of the father in a family as believed by Sokoto Caliphate:

Father serves as a prominent teacher or instructor to the family members. Shehu Usmanu Danfodiyo started learning from his father and his mother. Marnawa & Marnona (2007)²³ stated the responsibilities of a father (husband) to his wife included the followings: paying dowry, being patient about her mistakes, treating her justly, proper feeding, educating her on Islamic cause and livelihood, warning her when she disobeyed him or religion, gladdening about her child (male or female), according her gifts. In this vein, of the benefit to public health nutrition is the role if father in ensuring food security to the family. Food security is achieved through the help of the father by engaging in farming or trading, and helping the women to food prepare for the family. Allah SWT ordained

“O mankind! Eat of that which is lawful and good on the earth, and follow not the footsteps of Satan.”²⁴

3. Obesogenic societies

Indeed, good nutrition composing of adequate, balanced diet and regular exercise is a foundation for healthy living. A healthy diet consists of balanced amount of

²¹ Hanafi, M. (2024). Economic rights of women under Sokoto Caliphate: A Lesson for contemporary women in Nigeria. *Spektra*, 13 (6), 1-20.

²² Institute for American Values (2005). Why marriage matters, 2nd. Edition. Twenty-six conclusions from the social sciences. www.americanvalues.org

²³ Marannawa & Marnona (2007). *Kitabu tibyan-Lilhukukil Ikhwan Na Shehu Abdullahi Gwandu Danfodiyo*. Fassasar Hausa. Madalla Printing Press, Sokoto: Nigeria.

²⁴ Quran, 2:168

proteins, fats, carbohydrates, micronutrients and rightful amounts of calories.^{25,26} However, poor diets are deficient in the nutrients required for health, growth, and development of the human body.²⁷ The poor diets are linked to cancer, diabetes, obesity, coronary heart disease, and many other killer diseases.^{28,29} Poor diets contain, one or more of the excess salt, saturated fat, added sugar, and are invariably poor in micronutrients. Poor diets contribute to dental caries in young people, cancer deaths, low birth weight, childhood mortality, morbidities, increased fractures in adults, and chronic disease-linked deaths.^{30,31,32} Nevertheless, obesogenic societies are featured with popularity of poor diets. Poor diets contain high fat or sugar or both and result in overweight and obesity, that is why they are termed as obesogenic diets, and the society that condones obesogenic diets is known as obesogenic society.^{33,34} The followings are other relevant features of obesogenic society:

- They are modern or developed, people are more concerned in their own rights, people are more concerned with their jobs (white-collar ones for instance), therefore spend much time working with no or little time to stay and prepare or cook healthy foods. Instead, they buy unhealthy foods (empty calories, junk foods, fast foods, ultra-processed foods, and relations)³⁵

²⁵ Nayak, R.K. (2020). Pattern of fast or junk food consumption among medical students of north Karnataka - a cross-sectional study. *Intentional Journal of Community Medicine and Public Health*, 7(5), 1839-1842

²⁶ Oki, B. & Cunningham V. (2019). Promoting healthy eating in LAMBETH-focusing in the impact on health of hot-takeaway fast outlets.

²⁷ UNICEF (2024). Brief on the social ecological model.

²⁸ Michigan WIC Program (2022). Nutrition education. Staff training basic nutrition module. www.michigan.gov/.

²⁹ Mirhadyan L., Latreyism, Pasha A. & Leili KZN., (2019). Junk food consumption and its associated factors in high school students in Rashf in 2017. *Journal of Research Development in Nursing and Midwifery*, 17(1), 52-66.

³⁰ Mahjabin, A. (2023). Effect of junk food consumption on the nutritional status of adolescents. An Msc Thesis submitted at Chattogram Veterinary and Animal Science University Bangladesh.

³¹ Whiteland, L. (2023). The harmful effects of serving processed food at schools. California State University.

³² Zehra, A., Shafiq, F. & Bashir, I. (2018). Junk food and associated health hazards. *International Journal of Advance Research in Science and Engineering*, 7(4), 975-980.

³³ Maulana, INH., Pratama AHS., Sukurdi, Nurhayati H., Putri DA., Wardah TF. (2023). Understanding urban farming as food security for community resilience: A study in Malang City. *Ecoplan*, 6(2), 130-144.

³⁴ Aiman, Z., Farah, S., & Iqra, B. (2018). Junk food and associated health hazards. *International Journal of Advance Research in Science and Engineering*, 7(4), 975-980.

³⁵ Borges, LA. & Mathiesen H. (2024). Urban agriculture for a resilient future.

- Eroded gender role- Because of several factors, females are leaving homes to go for work and consider cooking or food preparation as primitive, while many males are unable to provide foods for their families, instead forcing the family to take fast foods.
- Prevalence of food deserts and food swamps- food deserts are areas that make it difficult for people to obtain healthy foods (cereals, fruits, vegetables, grains, etc) in stores, markets, shops, and canteens. People have to travel for a long distance to obtain healthy foods. Food swamps are areas that are dominated by the selling of unhealthy foods in their stores, and shops.³⁶
- Obesogenic foods elicit obesity- They are called by typically relevant terms such as junk foods, empty calories, ultra-processed foods, and fast foods. Obesogenic food consumers take large percentage of energy (by consuming energy-densed foods) and are experiencing micronutrients deficiency (due to poor intake)^{37,38,39}
- There are numerous foods that are obesogenic and are consumed by people from all age groups, some of the empty calories are listed as follows: Candies, gums, white bread, mustard, flavored drinks, cakes, chocolates, mayonnaise, foods, junk foods, soft drinks, alcoholic beverages, refined cereal.⁴⁰

Cena, H. & Calder, PC. (2020). Defining a healthy diet: Evidence for the role of contemporary dietary patterns in health and disease. *Nutrients*, 12(3340), 1-15.

³⁶ Sarkingobir, Y.(2025). Implications of food deserts and food swamps at school environment. *Journal Plus Education*, XXXXIII (20250), 349-370.

³⁷ Aiman, Z., Farah, S., & Iqra, B. (2018). Junk food and associated health hazards. *International Journal of advance Research in Science and Engineering*, 7(4), 975-980.

³⁸ Sonawane U. (2024). A study on the impact of fast food on human health and o promote healthy eating habits. *International Journal of Creative Research Thoughts*, 12(6), a577-a580

³⁹ Subhalakshmi, K. & Dhanasekar M. (2018). A study on fast food culture among teenagers in India. *International Journal of Pure and Applied Mathematics*, 120 (5),215-238.

⁴⁰ Meena, P., Nath, F. & David, F.J. (2023). Hazards of junk foods among adolescents. *International Journal of Trend in Scientific Research and Development*, 7(1), 115-119.



Figure 1: Obesogenic beverages or soft drinks; Source: Arya & Mishra, (2013)⁴¹



Figure 2: Parables of Obesogenic foods common in modern societies; Source: Arya & Mishra, (2013)⁴²

- Healthy Foods examples- Several natural or organic foods in local food systems that are required to be consumed instead of the harmful processed obesogenic foods, are enumerated as follows: Yams, egg white, sweet potatoes, potato, nuts, oats, fruits, brown rice, vegetables, skinless chicken, fish.⁴³

4. Lessons for the contemporary obesogenic society

Presently, the modern world is being ravaged by a lot of issues that concern public or populations food security (nutrition). The urbanization spurs demerits affecting food security whereby, rural farmers are being displaced and forced to migrate to urban areas or cities while abandoning their quota of contribution to the total food systems.⁴⁴ Due to urbanization, people are always busy at work or school, women are abandoning food preparation, and in turn people have no time

⁴¹ Arya, G. & Mishra, S. (2013). Effects of junk food and beverages on adolescents health- a review article. *IOSR Journal of Nursing and Health Science*, 1(6), 26-32.

⁴² Arya, G. & Mishra, S. (2013). Effects of junk food and beverages on adolescents health- a review article. *IOSR Journal of Nursing and Health Science*, 1(6), 26-32.

⁴³ Barth, M.M., Bell, R.A., Grimmer, K. (2021). Public health nutrition. Rural, urban, and global community-based practice. Springer Publishing Company, LLC, United States of America

⁴⁴ Ayama, B.M. (2018). Takaitaccen tarihin Masarautar Gwadabawa. Sokoto: Kalenjeni Printing Press Sokoto.

or access to healthy foods.⁴⁵ The food industries leverage on the scene and bring-out fast foods that are synthesized through series of industrial process that are also unhealthy. These foods are fast or junk foods or empty calories. They are devoid of the useful nutrients needed for growth, health and development; instead cause obesity and related health problems such as diabetes, hypertension, cardiovascular disease, cancer.^{46, 47} The stuffs are able to cause obesity and related comorbidities because they contain little or no nutrients required by the body, and contain added sugars, added fats, and preservatives.^{48, 49, 50, 51} They incite malnutrition in its forms, such as malnutrition (poor intake or usage of macronutrients such as fats, proteins, and carbohydrates), and micronutrients deficiency. Additionally, they incite overnutrition (consumption of sugars or fats in excess amount leading to overweight and chronic diseases).⁵² People who are food insecure experience more communicable diseases (such as malaria, diarrhea, HIV, tuberculosis, neglected tropical diseases) than others. Likewise, in food insecure populations, many individuals are prone to type 2 diabetes, cancers, cardiovascular diseases, and chronic respiratory disease.^{53, 54, 55} Globally, about 795 million people are malnourished (one out of four children is malnourished therein). Malnutrition is a form of food insecurity, while food insecurity is the “lack of access to consistently enough food for active and healthy life.”⁵⁶ Therefore, because of prevalent food

⁴⁵ Dymyrenko, M.O. (2009). Determinants and correlates of junk food consumption among students of the National University of Kyiv-Mohk-Academy. An Msc Thesis.

⁴⁶ Hudder, N.M. (2023). A study of junk food consumption among secondary school students. *International Journal of Scientific Research in Modern Science and Technology*, 2(3),44-55.

⁴⁷ Cena, H. & Calder, P.C. (2020). Defining a healthy diet: Evidence for the role of contemporary dietary patterns in health and disease. *Nutrients*, 12(3340), 1-15.

⁴⁸ Dymyrenko, M.O. (2009). Determinants and correlates of junk food consumption among students of the National University of Kyiv-Mohk-Academy. An Msc Thesis.

⁴⁹ Ashakiran, & Deepthi, R. (2012). Fast foods and their impact on health. *Journal of Krishna Institute of Medical Sciences University*, 1(2), 7-15.

⁵⁰ Berkley, M. (2023). The impact of children consuming junk food: A detailed analysis. *Journal of Childhood Obesity*, 8(15), 015-016.

⁵¹ Hamish, M. & Angus, C. (2019). Evaluation of fast foods consumption among children and teenagers. *IAA Journal of Scientific Research*, 5(1), 6-113.

⁵² Barth, M.M., Bell, R.A., Grimmer, K. (2021). Public health nutrition. Rural, urban, and global community-based practice. Springer Publishing Company, LLC, United States of America

⁵³ UNICEF (2021). Marketing of unhealthy foods and non-alcoholic beverages to children.

⁵⁴ United States Department of Agriculture (2015). What are empty calories. Choos.Myplate.ov.

⁵⁵ Mohammed, A.G., Mohammed, A.A. & Ahmed, M.A. (2024). Knowledge, attitudes and consumption habits of junk food among school students. *Egyptian Journal of Healthcare*, 15(2), 485-498.

⁵⁶ Barth, M.M., Bell, R.A., Grimmer, K. (2021). Public health nutrition. Rural, urban, and global community-based practice. Springer Publishing Company, LLC, United States of America.

insecurity work life imbalance problems, poor gender roles, poor nutrition education, poor food systems, the convenience of junk foods (fast nature, color, texture, palatability, flavor, etc) populations are attracted to these stuffs despite their demerits.⁵⁷ It is important to tap from Sokoto Caliphate family structure and role in food security against the current obesogenic culture that is ravaging the world populations.⁵⁸ These are some of the lessons to tap:

- Gender role- Gender role in the Sokoto Caliphate culture or literature expressed heads and adults (males) to chair farming activities by physically engaging in practices or hiring labor, and planning of farming activities
- Family members- Females and young ones help with light works in the farming activities such as caring for the sick, processing of foods, harvesting of foods, looking after animals, and animal nutrition.
- Urban farming- Households own garden or backyard farms to support food security.
- Diversified farming systems- Crop farming, animal rearing, mixed farming, rain-fed farming, and dry framing are practiced to ensure uninterrupted food system that encourage subsistence, availability, affordability, and accessibility to foods.
- Home economics-daughters are taught on hygiene and food preparation for the family. This is crucial to curbing junk foods popularity as well.^{59,60,61}

By and large, the (majority) smallholder and large-scale farming methods applied by diverse family settings in the Sokoto Caliphate encourage food security. Considering the accessibility, availability, and utilization domains of food security the followings are nodded by the Caliphate:

- Access is encouraged by ensuring family subsistence, and backyard farms help in the community to gain foods. Payment of Zakat and other forms of alms after harvest help to ensure the public and food systems.

⁵⁷ Subhalakshmi, K. & Dhanasekar M. (2018). A study on fast food culture among teenagers in India. *International Journal of Pure and Applied Mathematics*, 120 (5),215-238.

⁵⁸ Adam, A.I. (2023). The intellectual legacy of the Sokoto Caliphate and it's contemporary significance. *International Journal of Advances in Engineering and Management*, 5(3),1332-1337.

⁵⁹ Dan Foduye (n.d.). Kitabu Ulumul Muamalah. Arabic version printed by Al-Hajj Dan Ige in Sokoto, Nigeria.

⁶⁰ Islahi A. (2012). Shehu Uthman Dan Fodio and his economic ideas. MPRA paper no. 40916.<http://mpra.ub.un-muenchn.de/40916/>

⁶¹ Islahi, A.Z.(2011). Islamic economic thinking in the 12th AH/18th century with similar reference to Shah Wali-Allah Al-Dihlaw.<http://spe.kau.edu.sa>.

- Availability- The diversity of farm methods (rain-fed, mixed, and dry season farming for instance) help to ensure food systems run uninterrupted yearly.
- 5. Utilization-The trained mothers and the upcoming mother are taught on home economics. This invariably supports foods utilization in the family. Properly prepared foods prevent food poisoning and encourage immunity that fights diseases.⁶² The responsibility of a family member⁶³

There are many responsibilities of a family member to his neighbor as cited by the Sokoto Caliphate literature, but in citing an example Marannawa & Marnona (2007)⁶⁴ in translated book of Shehu Abdullahi, listed the following rights:

- A member of a family shall help his/her neighbor
- Helping personally, by attending to his need
- Saying things that gladdened him/her
- Forgiving the mistakes and foolishness of a neighbor
- Praying for the neighbor
- A member shall help his/her neighbor materially

6. Responsibilities of children

Children are the sons and daughters of any Muslim family in the Sokoto caliphate. After submitting to education, children are mandated to obey their parents. In terms of food security, they are expected to help the parents in carrying out light agricultural activities, such as planting, harvesting, feeding (of laborers and animals), looking after certain domestic animals, and other relevant chores. Particularly, the females are educated in religion and home economics (such as food preparation and management, hygiene, and sanitation); while, the males are educated religiously and in farming or other professional chores such as furniture, blacksmithing, etc, so that when they grow older they have a job to earn a living and feed their families.⁶⁵

⁶² Dan Foduye (n.d.). Kitabu Ulumul Muamalah. Arabic version printed by Al-Hajj Dan Ige in Sokoto, Nigeria.

⁶³ Dan Fuduye, S.U. (1998). The revival of the Sunna and destruction of innovation by Shehu Uthman dan Fuduye. Translated by Abu Alfa Umar Muhammad bin farid. www.siiasi.sankore.org.

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7. Determinants supporting family farms in Sokoto Caliphate

Farming is regarded in the context of Sokoto Caliphate as rewarding job, because it secure food (to live) for the humans, birds, animals, insects, and other relevant biological beings. In the Caliphate literature it was plainly enjoined that Muslims practice farming in good faith, and seek for sustenance.^{66,67} This is in-line with the policy of the state that ensure that the state or leaders owned personal farms, state-owned farms are secured to farm for the public need and rent (freely) to the poor, pastures, are secured, afforestation are evident, and other forms of land management policies of the Sokoto Caliphate.^{68,69} Apart from the land management policies practices by the Sokoto Caliphate, there are physical features supporting farming in the region. The features include, the presence of soil that is corroborating the various crops being cultivated (plains supporting farming activities), presence of water bodies (such as River Rima, River Zamfara, River Gagare, several lakes and ponds) that support irrigation farming and pastoralism, dry season agriculture.^{70,71} There is also availability of home-based (local) and imported crops, presence of local and imported animal breeds, presence of vast and for animal herds, presence of human resources for labor, presence of markets for agricultural products, underground water sources, corroborated agricultural efforts of families in the Sokoto Caliphate, emphasis on healthcare provision (to humans and animals), and presence technological tools.
72,73,74,75

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⁶⁶ Dan Foduye (n.d.). Kitabu Ulumul Muamalah. Arabic version printed by Al-Hajj Dan Ige in Sokoto, Nigeria.

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8. Conclusion

The conclusion discusses lessons from the Sokoto Caliphate's family structure and role in food security that can be applied to counter the current obesogenic culture affecting world populations. The Caliphate emphasized gender roles in farming, with heads and adults (males) leading farming activities, females and young ones helping with lighter work, and households having garden or backyard farms for food security. Diversified farming systems like crop farming, animal rearing, mixed farming, rain-fed farming, and dry farming ensured uninterrupted food systems. Considering accessibility, availability, and utilization domains of food security, the Sokoto Caliphate encouraged: Access to food through family subsistence and backyard farms, availability of food through diverse farm methods, utilization of food through teaching home economics to mothers and upcoming mothers. The responsibilities of family members towards neighbors and children in the context of the Sokoto Caliphate were also outlined. Overall, the farming methods in the Sokoto Caliphate promoted food security.

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