

## Ancient and Modern Food Security Practices in Sri Lanka

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Through centuries food has been recognized as important for human beings in health and diseases. The history of man has been to a large extent struggle to obtain food. To keep food clean and safe in the home, there must be a good storage space, suitable container because food may be spoiled by micro-organisms, parasites, insects, rodents, warm air, light, too little or too much moisture, dirt and careless banding of foods. So, the main objective of this research paper is to study our own food security methods which have been followed by the ancient and modern people of Sri Lanka. These days, all most everybody has concentrated for this theme according to the various perspectives. Accordingly, this topic has become very important to the disciplines such as Social Sciences, Humanities, Medical Sciences and Applied Sciences. To conduct this research, primary and secondary sources were used to collect data. As primary sources fifty respondents were selected from Ratnapura, Kandy and Matale Districts using purposive or the judgement sampling techniques for the convenience of the study. As the main technique of data collection interview and observation methods were used. As secondary sources various types of books, articles and some other documents were referred. People of Sri Lanka have been used several methods to store food safely such as keeping in a dry place, boiling, frying, drying, storage of grains, making oil, drying rice to prepare sweet items, preparing pickles, smoking, keeping of paddy in 'vee bissa', grinding grains to make flour, keeping food items under the ground, making vinegar, keeping areca nut inside a water pot, keeping meat inside a honey pot and conducting various types of religious activities, rituals, rites as well as calendared rites to secure food and materials can be identified. By now, food and nutrition are global concern today. So, it has been introduced as an Intangible Cultural Heritage (ICH).

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