

1: Ecological and Cultural Requirements of Yam - ViCAARP

The specific cultural requirements of a plant in a vegetable garden are different from those of a plant in the wildflower meadow, as are those that evolved in alpine versus tropical versus desert environments.

Soy Wheat This slide details the most common food allergens. Most children tend to grow out of egg and milk allergies, but allergies to nuts and seafood generally persist for life. Egg allergy is the most common and also the one most likely to be outgrown. The number of children with milk, egg and seafood allergy has remained steady. Approximately 1 in 50 children has a peanut allergy. The Royal Prince Alfred Hospital Allergy Unit reports that allergy to other nuts, such as cashews, are also on the increase. Your school may have a policy regarding nuts and the use of products containing nuts or any other food allergen if there is a child enrolled at your school with a diagnosed allergy. Allergens must be declared on a food label. Coeliac disease affects approximately 1 in 100 people. This is different to a wheat protein allergy. Cross-contamination is of particular concern in coeliac disease. Simply using gluten-free bread is not enough. The ideal is to use separate utensils and work spaces to prepare food that is to be eaten by someone with coeliac disease. Oats do not naturally contain gluten, however, in Australia they are likely to be contaminated with gluten. Strict avoidance is extremely important. Lactose intolerance is often confused with milk protein allergy. Lactose is the sugar found in milk. Lactose is digested by the enzyme lactase and the amount of this enzyme present differs from person to person. Lactose intolerance is quite common among people from Asia, Africa, the Middle East and some Mediterranean countries, as well as among Indigenous Australians. Small amounts may be tolerated. Further information and website contacts are provided in the Guidelines for healthy foods and drinks supplied in school canteens on page Role of the school canteen with regards to special dietary needs Discuss as a large group what participants think the role of the school canteen is in regards to special dietary needs. Be aware of and adhere to any school policies. For example, remove products containing nuts. You may choose to stock certain foods if practical and if there is sufficient demand. For example, use soy milk as an alternative to regular milk. There is no clear role of the canteen or the canteen manager beyond these steps. Acknowledging cultural differences How many different cultures are represented at your school? How does your canteen menu cater for different cultures and cuisines? Halal meats, vegetarian options, ethnic dishes e. Why should we do this? To address the cultural needs of specific groups in the school community. To expose students to a variety of cuisines. Maintain level of interaction with the group and explore more cultures. Where did the traditions come from? What are the expectations of other cultures? Asian cuisine varies from country to country. Think how different Japanese, Chinese and Thai foods are. They often use soy-based products such as tofu soy bean curd - wet and tempeh fermented soy bean - dry. Indian cook with a lot of herbs, spices and chillies. Middle Eastern " again there is large variability from country to country but there are a number of similarities. Some commonly used ingredients include olives and olive oil, pitas flat breads , honey, sesame seeds, sumac lemon flavoured spice , chickpeas, mint and parsley. Southern European " olives and olive oil, pasta in southern Italy, tomatoes, rice Greece, risotto, Spain, paella , meat lamb and goat generally well cooked, fish and seafood. Lead a discussion or conversation on different menu items influenced by religion. Hindu " regard the cow as sacred; eating beef is a sin. Devout Hindus observe a lacto-vegetarian diet, meaning no meat and no eggs. Judaism " food has to be prepared to kosher guidelines. Orthodox Jews follow the teachings of the Torah. This states that all edible animals must satisfy two conditions: They must chew their cud regurgitated food. They must have cloven feet split hoof. Pigs have cloven feet but do not chew the cud and so are forbidden. Meat and dairy products must not be prepared together. Muslims " Meat must be slaughtered in the Halal to the law manner. Muslims also exclude the following Haram not to the law foods from their diet. Buddhist " Mostly vegetarian, though Buddhists may eat meat if it has not been killed for them specifically. Christians " For the most part do not let their beliefs shape their eating habits. Lent "The 40 days prior to Easter. Until , every Friday meant fish for dinner for Roman Catholics because it was deemed to be a day of sacrifice. Fish rather than meat was to be served as the main meal of the day. Many Roman Catholics still observe this on every Friday during Lent.

2: Butler Events - Butler Calendar

The shift in social informatics is fascinating -- it's the study of information and communication tools in cultural and institutional contexts, looking at usage patterns from a variety of lenses, including sociological, anthropological, psychological, and technological perspectives.

In general, if a guest refuses an offering of food, offer it again, up to three times. In many cultures it is rude to accept food on the first or second offering. Guests who visit the U. Here are some examples: Avoid serving guests from abroad large portions of meat, which are difficult to cut and appear gluttonous to foreigners. The one exception is serving the Japanese who covet good meat and are well known for their Kobe beef. Islam - Moslems eat no pork no ham, bacon, sausage, goats, no flesh of scavenger animals, birds or fish, lobster and crab to a lesser extent. No animal with a cloven hoof or anything that is cooked in oil from an animal, or prepared by using an animal byproduct bacon grease, lard, pates, terrines, frankfurters. Fruit juice should be served for toasts. During the month of Ramadan, Moslems may not eat, drink or smoke between sunrise and sunset. Hinduism is practiced in India, Nepal and Sri Lanka. Customs vary widely so research or ask in advance. Most do not eat meat, fish or fowl, or drink alcohol. Buddhism practiced in Southeast Asia is different from that in Northeast Asia two sects. Since Buddhism is a personal and individualistic religion, Restrictions may be self-imposed. They would eat only those things where the mother plant is not destroyed. Mormon restrictions - no caffeine nor alcohol, everything in moderation. Judaism - Orthodox Jews do not eat pork or shellfish, nor do they eat certain parts of the cow. Dairy and meat products should not be prepared, co-mingled or served together. Several hours must pass after the consumption of one and before the other. A kosher meal may be offered or a fresh fruit salad. Any wine offered must be from a US kosher vineyard or from Israel. This subject is an entire lecture or book in itself so we will not attempt to be all inclusive in this brief article. The important part is to ask in advance if your guests are kosher and if so, are they "strictly" kosher due to many variants. Senior level Israeli officials require another careful set of rules. Japanese - welcome beef, and steak in particular. They also enjoy fresh melons because they are not indigenous to Japan. The true meaning of the word "vegetarian" is no meat at all, not just red meat.

3: LPA Environmental and Cultural Requirements - Engineering Policy Guide

The aim of the Butler Cultural Requirement is to engage students in these most valuable and exciting learning opportunities, and to encourage students to develop habits of participation in artistic and cultural events that will lead to lifelong engagement with the creative arts and public intellectual life.

Whether it is for a few trees or acres of orchards. Preparation will entail soil samples to determine the health of the soil. Drainage - This is probably the second most important aspect of establishing any area for planting to ensure the successful survival of any tree planting. Soil texture is important, but good practice in drainage will overcome most problems. I use, and recommend surface drainage surface ditches as the best resource to accomplish this. With surface drainage you are removing only the surface water and leaving the water table at a natural water level to insure healthy root system development of the trees. I only recommend tile drainage except in drastic situations, in otherwords as a last resort. Tile drainage is very expensive and has several drawbacks. It lowers the natural water table for the land affected. In excessive dry seasons causes extreme stress on trees, even to the point of death. These are 2 of many drawbacks for this type of drainage. Others are important, but these 2 are the best examples. Pond water is my source. My system consists of a pump and a quantity of 1" black plastic hose completes the system. The black plastic draws the heat from the surrounding atmosphere and discharges it at near degrees F. I will mention that after planting the trees. The weeds or other orchard grasses protect the soil from evaporation during the day and gather moisture from dew during the night which trickles down to the root system to ensure healthy growth of roots and other parts of trees. Letting nature take care of irrigation. For more information about the system please contact me and will be happy to share my plans with you on how to irrigate your planting of trees without an expensive irrigation system. Let us keep it simple! They are divided into categories as listed below. Our secret is the development of a special inoculate mycorrhizal fungi which enables the trees feeder roots to absorb nutrients from the soil and the trees are able to grow faster, more immune to diseases, and produce at an early age. This inoculant is composed of natural organic materials. Before the trees arrive or are picked up, one should have made a plan for planting, and have the holes dug. All of the trees we ship require that the hole dug for the roots be at least 12 inches in diameter and 12" deep. The ideal situation is to be ready to plant the trees as soon as they arrive or are picked up from the nursery, but as this is not always possible, I instruct our customers to do the following, to prevent any loss of trees. After the trees arrive, the container should be opened and checked to be sure the packaging material we use shredded newspaper as it holds moisture very well, also the ink acts as a disinfectant around the roots has adequate moisture. If it seems to be drying, then add some water to the packaging material and store in a cool dry area until you are ready to plant. This should apply to nursery stock picked up from the nursery as well. Some of our larger size of trees have to be bent to fit into the shipping container. As the trees are dormant when this is done, it will not damage the trees. Upon arrival simply straighten the trees out and handle as normal. Once you are ready to plant the trees, it is very important to keep the roots from exposure to the sun or wind to prevent them from drying out. The tree roots are placed in the container and this gel sticks to roots and the tree can be placed in pre dug hole with the gel still on the roots. The gel will help hold moisture around the roots in dry spells. This gel is available from most co-op stores. Fertilizer Our inoculant consists of natural ingredients which promotes Mycorrhizal colonization. High rates of ammonium nitrogen and phosphorous retards the growth of this fungi. We do not recommend addition of any type of fertilizer mixed with the ground at planting time. Use two applications of a water soluble solution of three weeks apart up to July 15 in the first year. Commencing the second year and following years use natural fertilizer, well decayed manure is satisfactory.. Adjust amount accordingly as trees mature. With our inoculant they form threads called hyphae in the soil. They absorb minerals and makes them available to the tree. In return, the trees provides the fungi with a place to live and supplies them with sugars and amino acids. One can observe whether the tree is healthy and putting on at least 3 inches and upward of new growth each year. Do not apply fertilizer after the second week of July, as the trees may not harden properly for winter. Edible Nut Pines Planting the tree is quite simple. Then place a handful of inoculant in the bottom of the hole. Use some

inoculant to mulch the ground around the tree. Water well after planting. Control of weeds around the trees is not necessary for the first 2 years. The weeds or other source of orchard cover is beneficial for the survival of the freshly planted trees. This cover protects the ground from drying out during the day. At night it gathers the moisture which finds its way back to the earth to keep the roots supplied with moisture. This is beneficial not only to the trees, but the environment. We do not use any chemicals to control weeds. Spacing of the trees vary with the type and age of trees. Dwarf Siberian Pine should be planted 10 feet apart. Allow 20 feet between rows. Pines do prefer a light type of soil with good drainage. The Swiss Stone pine will grow in pure clay as in its native habitat. The Pines in the fall, lose some of their needles, this is natural and these needles will provide a natural mulch. After several years the labour intensity required for these trees will be minimum. Protection from rodents should be provided for the first years. A physical barrier which is essential for protection for the trees survival. We recommend a spiral tree guard which is readily available at most co-op stores. They are reasonably priced and expand with the growth of the tree trunk. Make sure that the tree is well watered after planting. Pruning of the deciduous tree is recommended as this compensates for the loss of some of the root system when trees are dug. Control of weeds around the tree for the first couple of years is desirable to keep the competition down. We do not recommend herbicides, because it will defeat the purpose of the inoculant Mycorrhizal fungi - it will kill it. Use of a mulch is highly recommended. Spacing of trees vary with the types of trees planted. Hazels bush type will be planted at 10 feet intervals. Spacing for the minor fruits - paw paw, persimmon are 15 feet. Oak trees 25 feet, Ornamental trees are normally spaced 20 feet apart. One of the most important aspects to planting nut trees is good drainage, soil types do have some bearing, but most will do well on different types of soils. Fertilize the trees the first year with a water soluble solution applied up and to the middle of July. Do not apply any later or the trees will not have time to harden off for the winter. Use of a water soluble fertilizer is preferred as some commercial granular fertilizers interact with the inoculant and the mycorrhizal fungi will be destroyed. Applications of ammonium nitrogen and phosphorous will retard the colonization of the mycorrhizal fungi. Levels should be below 10 mg. Protection from rodents should be provided for the trees. A physical barrier which is essential for their survival is essential. We recommend a spiral tree guard plastic which is readily available from most co-op outlet. They are very inexpensive and last for many years as they expand with the growth of the tree trunk. Trees require little spraying. We apply a dormant spray only as required. No other spray is needed. Caterpillars are our only problem and these are quite easily controlled without spray. We physically remove them and it takes very little time. By removing debris disease may be minimized.

4: Culture | Define Culture at www.enganchecubano.com

Due to the inadequacy of information on yams in the Philippines largely because these crops have been neglected in the country for so long, this publication attempts to supply the needed information particularly on its ecological and cultural requirements.

Reinforced concrete beam and girder bridges - Reinforced concrete tee beam - Prestressed concrete I-beams and bulb tees - Prestressed concrete box beams Steel multi-beam or multi-girder bridges - Steel rolled multi-beams Culverts and reinforced concrete boxes - Reinforced concrete box culvert - Concrete pipe culvert - Steel pipe culvert If the bridge contains only those types of spans and was constructed after , it may be eligible for the Program Comment. To determine whether it qualifies, follow these steps: Confirm the bridge contains only spans of the types described above. The program comment does not apply to bridges that contain spans of other materials such as timber or span types such as truss spans. If it contains only the span types described above, proceed to the next step. Confirm the age of the bridge. Was it constructed after ? If so, proceed to the next step. Determine if the bridge is located in or adjacent to a historic district. This will identify any National Register listed districts near the bridge. If the bridge is not located in or adjacent to a historic district, proceed to the next step. Check to see whether the bridge has been excluded from the program comment. The list of excluded bridges is posted on the FHWA website. If the bridge is not on the excluded list, proceed to the next step. If the criteria above have been met, the bridge is covered by the program comment and Section for the bridge itself is complete. If there are additional Section concerns, the bridge being covered under the program comment should be stated on the Project Information Form submitted to SHPO. If the bridge did not meet all the criteria above, a Project Information Form will need to be completed and submitted to the State Historic Preservation Office for the bridge and the project. The Cultural Resource Survey a. Cultural resource surveys typically are limited to the area of potential effects APE i. For architectural resources, the APE may include the limits of the project plus a buffer around the project area so indirect effects of the project are considered usually 50 ft in urban settings and ft in rural settings. For archaeological resources, the APE is the maximum footprint of the project consisting of existing and new right-of-way, and temporary and permanent easements. An architectural survey consists of photographing buildings within the architectural APE and providing descriptions and historical information about those buildings constructed more than 50 years ago. In addition to buildings, features associated with a property such as gateposts, hitching posts, outbuildings, signage, etc. Clear photographs, which show the resource clearly, should be included in the survey report. Photographs taken out of car windows or where the resource is hidden behind vegetation are not acceptable. A Phase I archaeological survey is an intensive, systematic, investigation of the APE of the proposed project to identify any archaeological site that may be affected by the proposed project. If there is good surface visibility e. If there is poor surface visibility e. Shovel tests are small hand-dug holes about 12 inches wide and up to 24 inches deep, while auger tests are 8-inch diameter holes up to 6 feet deep. In most survey areas, shovel tests or auger tests will be excavated at 50 foot intervals. The excavated soil is examined for artifacts and other evidence of prehistoric or early historic archaeological sites. Phase II archaeological site testing will be needed if any potential National Register eligible sites are encountered in the APE that could be impacted by the proposed project. The Phase II is a limited archaeological excavation of a site to determine its significance and whether it meets National Register eligibility standards. The standard method for testing an archaeological site is the hand-excavation of test units. Test Units are usually 3 ft. A Phase II investigation takes approximately weeks per site. SHPO has by law 30 calendar days to respond. If cultural resources were identified, their eligibility for the National Register of Historic Places National Register must be determined. The SHPO comments only apply to the project as submitted. Any changes to the project may require a supplemental submittal to SHPO regarding these changes e. This requires initially contacting local law enforcement. Consultation with appropriate American Indian tribes should be required if the human remains are believed to be of Native Americans " either prehistoric or historic. FHWA, as the Federal agency, is legally responsible for the tribal consultation process. A cultural

resource professional may need to conduct additional investigations to evaluate the eligibility of some resources. The cultural resource professional will need to consult with the MoDOT Historic Preservation staff on the proposed testing plan for an archaeological site before implementing it. Readily available information can often be used to determine the National Register eligibility of identified cultural resources. This information should consist of the results of the cultural resource survey, any subsequent investigations, or other available information such as pictures and available history of structures. If the adverse effects to the potentially National Register eligible cultural resource cannot be avoided by the project the National Register eligibility determination is included in the Section submittal. The cultural resource professional should provide an assessment of resource eligibility. No further action is necessary. This process can be lengthy up to six months, so it should be avoided if possible. No Adverse Effect – If the finding is that the project effect is not adverse upon the historic properties, the Section process is complete. Adverse Effect – If the project effect is adverse to the historic properties, it may be possible to redesign portions of the project to avoid adverse impacts to the historic property. The LPA will explore avoidance options, continued use, or rehabilitation of the historic property not necessary for most archaeological sites. In addition, the public interested parties, holders of permits, owners of affected lands, and private individuals may be allowed to review and comment on the project, and participate in the decision-making process. A change in the scope of the project may change the effects of the project on historic properties. In instances where a project has an adverse effect, prior to continuing to the next step, the Advisory Council on Historic Preservation Council must be notified of the adverse effect and be invited to participate in consultation for the development of a Memorandum of Agreement MOA. The form should be e-mailed, along with supporting documentation to MoDOT for review. The Council will become involved in consultation if the project has: Substantial impacts on historic properties, meaning that nationally significant properties or unusual properties are present or there are a large number of properties being affected by the project, including multiple properties within a historic district; 2. They may become involved if the project presents questions about Section policy or how the Section regulations are interpreted; 3. The project has the potential for presenting procedural problems. Procedural problems could include substantial public controversy, disputes among the consulting parties, likely litigation, or requests for Council involvement by consulting parties; or 4. The project presents issues of concern to Indian tribes. If an adverse effect cannot be avoided for certain kinds of historic properties, FHWA may determine that a Section 4 f evaluation must be completed. Cultural resources requiring Section 4 f evaluation are typically architectural or bridge resources, or archaeological sites that warrant preservation in place usually mortuary sites. Section 4 f of the Department of Transportation Act of states that a transportation project requiring the use of publicly owned land of a public park, recreation area, wildlife and waterfowl refuge, or a historic site. Section 4 f is unique to Department of Transportation projects and is a process that can take up to 12 months. Section is not complete until an MOA is executed and the stipulations are completed. The MOA will document the stipulations to be carried out to mitigate the adverse effect upon the historic properties, including the appropriate level of documentation for the resource. If the resource is a bridge, the Levels of Bridge Documentation State Level for Section Mitigation of Adverse Effect Bridge Documentation Standards should be referenced including the level at which the bridge will be documented. If the adverse effect is to a Native American archaeological site, the FHWA must consult with the Indian tribes with a historical interest in the project area and provide them an opportunity to participate in the consultation process. The Alternatives Analysis must include the following information for additional information on the alternatives that must be considered, consult the FHWA Programmatic Section 4 f Web-page: A description of the purpose and need for the project; 2. A description of the current condition of the bridge; 3. A discussion of the do nothing alternative 4. A discussion of the rehabilitation option for the bridge; 5. A discussion of an alternative that would save the bridge by realigning the road to avoid the bridge; 6. A discussion of an alternative that would relocate the bridge to another location to save it can include discussion of the advertising efforts and their results 7. Rough cost estimates for the alternatives, including construction and right of way. If the adverse effects are to a Native American archaeological site, FHWA will provide a copy of the draft MOA and accompanying information to Indian tribes with historical interest in the project area or

attach religious and cultural significance to the site to provide them the opportunity to participate in the consultation process. The following mitigation measures have been used on various projects: For most of these historic properties the state-level documentation is selected as the preferred method for recordation. Bridges are advertised in compliance with MAP for availability and offered to interested parties for reuse in place or at an alternate location, but will be demolished if no one expresses a reasonable interest. The SHPO should be consulted regarding the agencies the bridge will be direct marketed to this can be done as part of the MOA consultation. The transfer of ownership or demolition of the bridge occurs after the archival photographs, or the selection of photographs, has been accepted by the SHPO as adequate for the resource. Copies of original plans or drawings. If copies of the original plans are not available, measured drawings may be produced at a precise scale from actual dimensions recorded in the field. Drawings may be produced either by hand or with computer-aided drafting. Large-format photographs are produced as contact prints from 4x5 and 5x7 black-and-white negatives and color transparencies. The formats allow maximum enlargement with minimal loss of detail and clarity, and the black-and-white processing allows for archival stability. Written histories place the site or structure within the appropriate context, addressing both the historical and the architectural or engineering aspects of its significance. Guidance for researching, describing and photographing a historic bridge can be found in *How to Document a Historic Bridge for Mitigation*. If the SHPO recommends that the historic property be documented to the state level of documentation, the following information should be provided: Photographs should be taken and processed according to standards for photographs accompanying National Register documentation, including the appropriate considerations for paper and ink. It is a good idea to identify the paper and ink used, if possible. Digital, archival standard, compact discs with all views will be provided. A historic narrative and technical descriptions for the historic property.

5: Foreign Culture Requirement

Cultural Diversity Requirement Courses that satisfy the cultural diversity requirement focus on one or more cultures that differ from the main cultures of the United States or Western Europe. Through these courses, faculty members guide students as they explore cultural differences from an academic perspective.

Dr Kate says Why people have special diets There are some people who have so little food that they are thankful to have any food to eat at all. Other people choose to eat some types of foods for a lot of different reasons. Some people choose not to eat some types of foods for different reasons. The reasons may be to do with religion, culture, where they live in the world, beliefs about what is food - and sometimes people cannot eat some foods because they make them sick. Religion Muslim and Jewish people do not eat pork. Hindu people do not eat cows, and many do not eat meat from other animals. They encourage people to be vegetarian, but do not force them to be vegetarian. They think cows are special and should be looked after. One of the reasons for this is because they provide milk which can be drunk and also made into other dairy products, which are believed to be very good for health. Some followers of Buddha do not eat meat of any kind, while others do not eat beef or dairy products. Some Christians believe that you should not eat meat on Fridays. Some religions have some time of their year when they fast, which means they go without food all day, or without certain foods for a longer time. Some also have special times when they feast or have lots of different, special kinds of food during the festival times of their religions. Some people in another country may have a very different idea of what is food than you have. In some countries they eat animals which in other countries would be thought of as pets. People from some cultures would eat very hot and spicy foods, while others would prefer the taste of the food itself. Most people in Australia are used to eating and enjoying a wide variety of foods from many countries, because we have a wide variety of people from many countries all living in the same country, sharing their cultures and their food. Where they live in the world Not everyone lives near a supermarket, and not everyone could afford to buy food there if they did. Some people live on the food they grow themselves, and some people have to rely on others to give them food, because they have had a lot of trouble in their country and cannot grow food, or work to buy food for themselves. Most people in the world buy some food and grow some food. Most people in the world do not have the chance to even know about the wide variety of foods that the people of Australia can see, buy and eat every day. If you would like to know more about food, culture and religion then have a look at this fact sheet from Better Health Channel

Food and celebrations Beliefs about what is food Some people choose to eat only certain kinds of food, eg. These people are called vegetarians. Some vegetarians will eat eggs and fish, but some will not eat anything that has been part of an animal. Some people eat things that other people would not consider to be food, eg. It all depends on where they live in the world, what kind of food is available to gather, grow or buy, and how hungry they are. When food makes you sick Some people can get very sick if they eat certain kinds of food. Maybe they are allergic to that kind of food, eg. Maybe they have a condition that needs them to have a special diet, such as the ones below. Lactose intolerance Kids with this condition need to limit or not eat at all, any product that has milk or dairy products in it. Lactose is the sort of sugar found in milk products. Diabetes say di-a-beet-eez Kids with diabetes may need to pay extra attention to the amount and types of carbohydrates they eat, because they have to keep control of their blood sugar levels to stop them getting sick. Coeliac disease say see-lee-ak These people need to have a gluten-free diet. Gluten is in many foods and it was difficult to find what to eat until recently. Look for the gluten-free products in the supermarket and look out for gluten-free recipes that you can make at home. Cystic Fibrosis say sis-tik fy-bro-sis Kids with this disease need to have heaps of calories to help them with their disease. Fats and vitamins can easily go out of their bodies, so they need to eat lots to make sure they keep enough for their bodies to work well. Weight loss Some people have to go on a special diet because they are obese say oh-bee-ss. This means they are very overweight. Usually the diet will limit what kinds of food they can eat and how much of it. Weight gain Some people are very underweight and their doctor may put them on a diet to gain weight so that they are strong enough to live their lives. Just type in kids recipes and the type of diet you want. If you have a favourite recipe for your kind

of diet, please email it in and maybe we could start our own recipe file! Some people have no choice but to stick to a special diet. People who go on a diet to lose or gain weight should always check with their doctor first. Your doctor will help you to decide if you need to be on a diet and what that diet should be so that you can stay healthy". However, if you feel sick or unhappy, it is important to tell your mum or dad, a teacher or another grown-up.

6: General Culture & Requirements | American Camellia Society

Cultural Requirements for Tomatoes. Climate-Tomato plants grow best when the temperature is between 68 degrees Fahrenheit and degrees Fahrenheit.

Caring for Camellias Caring for Camellias After you have finished your spring clean-up and pruning tasks, it is time for the real culturing of your camellia plants. Time and effort spent on these activities will result in greater rewards in beautiful flower production. Fertilization Fertilizers should be applied in an economic but methodical process to ensure a steady release of nutrients over the growing season. Applications can be applied a week or two before new growth buds begin to swell. It may be best to apply nutrition in small to moderate quantities of three or more periods from March to September. Higher nitrogen rates are best applied in spring, then changing to moderate nitrogen and phosphate, and to higher potassium in September. When using nitrogen-containing fertilizers, "slow release" nitrogen forms are much more efficiently taken up by plants. Many growing camellias in containers use one of the organic sources of nitrogen, such as cotton seed meal, applied once a month all year long. Seed meals release nitrogen as they decompose slowly and continually continuously over the long stretch. Slow continuous release keeps plants well nutrified during the entire growing season. Early application of nutrients is essential for flower bud development in that the petal count can be related to general growth vigor of plants. Super buds begin formation as day length increases during May. Plants should be in good growth form by this time. Plants will be showing flower buds by the first part of July. Watering Water is not only essential for normal growth but a continuous supply ensures constant mineral uptake and maximum expansion of cells making up the new growth. Irregular water supplies interrupt the growth process which can result in stunted leaves and stems. If flower buds are being formed during water stress, their quality will be affected. Maximum water availability is even more important while flowers are opening. One needs to prepare a flexible watering program to include an irrigation system and a measuring device such as a simple rain gauge to ensure a constant water supply. Pruning Major pruning should best be completed over winter or by early spring. While spring and summer growth develops, minor pruning can be accomplished by breaking out soft new growth. Thick vegetation is the rule for landscape plants. Inside branches should be removed to reduce the accumulation of pests, scale in particular. Growers primarily interested in producing show flowers generally thin out more branches than those grown for landscape use. Flower buds are thinned, leaving large plump ones for show exhibition. Pest Control Pest control is a never-ending chore. Keep a constant lookout for these and other pests. When discovered, take immediate action. Your favorite garden center personnel or your county extension agent will be glad to help you select the appropriate control. Good nutrition, water control, light pruning and pest control result in beautiful blooms for the camellia flowering season.

7: Cultural Requirements

If cultural resources are present, the LPA, in consultation with SHPO and FHWA/MoDOT, determines whether a cultural resource meets the eligibility requirements of the National Register. A cultural resource professional may need to conduct additional investigations to evaluate the eligibility of some resources.

Ecological and Cultural Requirements of Yam Introduction Ubi *Dioscorea alata* and tugui *Dioscorea esculenta*, are the two most important yam varieties commonly cultivated in the Philippines. They are cultivated in small patches of land, oftentimes less than a hectare, particularly in some regions of the Philippines like the Ilocos, Southern Tagalog, Bicol, Central Visayas and Northern Mindanao. Yam tubers, which are often very expensive, are used mainly for food either as substitute for staples like rice and corn or as ingredient in some vegetable preparations and in various food delicacies. Successful cultivation of yams requires some knowledge on the growing conditions and cultural requirements of the crop. Due to the inadequacy of information on yams in the Philippines largely because these crops have been neglected in the country for so long, this publication attempts to supply the needed information particularly on its ecological and cultural requirements. Ecological Requirements Vine Support Yams are climbers hence their vines need stakes for better display of leaves. Plants that are not provided with stakes yield less than those with stakes. Soil Yams are upland crops and they should be planted in a well-drained field. Optimum yields are obtained from sandy loam and silt loam soil although acceptable yields are also obtained from clay loam soils, particularly those high in organic matter. Stony and highly compacted soil should not be planted to yams. Elevation Cultivation of yam is done usually at low and medium elevation. In general, yields of yam are reduced above meters, although it is reported to be grown at elevations up to 2, meters. Water Although yams are relatively drought-resistant, they require ample moisture throughout their growing period, particularly from 14 to 20 weeks after planting when tuber bulking occurs rapidly. Irrigation should be provided in areas where the dry season is longer than 3 or 4 months and falls within the growing period of the plants. Temperature Yams require temperatures ranging from 25C to 30C. Day Length Yams respond to length of daylight periods. Short daylengths tend to favor tuber formation while long daylengths favor vine growth. Cultural Requirements Land Preparation For a field that has been cultivated previously, two plowings and two harrowings are usually enough for yams. However, plowing should be made deep since yams need a deep loose soil. The flat bed and the ridged bed types appear to be preferable to the other types of seedbed. When the latter is used, the ridges should be constructed one meter or 60 cm apart. In the case of sloping or rolling fields, construction of ridges should follow the contour to minimize soil erosion. Preparation of Setts In yams, setts are whole tubers or tuber pieces used for planting. For ubi, whole tubers and tuber pieces are used while only whole tubers are used for tugui. Setts weigh from 60 g to g in the case of ubi and g to g in the case of tugui. As a rule, the bigger the sett used, the higher is the expected yield although the increase in yield for every unit increase in sett weight decreases. Setts should be taken from healthy tubers of healthy plants. In ubi, tubers of appropriate sett size are not sliced while larger tubers are sliced into the desired sett size so that each sett has sufficient skin surface area. Thus in ubi, four types of setts are obtained and are named according to their positions on the tuber viz: Cut sides of the setts are treated with ash or with fungicide and air dried. After air drying, setts are either pre-sprouted or planted directly. Pre-sprouting of Setts Because the emergence period of most freshly prepared setts in the field lasts from three to twelve weeks, it is desirable to pre-sprout the setts before they are planted. This procedure assures the emergence of setts in the field and minimizes expenses on weeding before sett emergence. A shallow ditch is dug in a clear shaded area under trees, under bananas, or under a shed constructed for the purpose. Setts are placed side by side in the ditch. In cases where no ditch is dug, the setts are placed side by side on the ground instead. Setts are grouped according to type. For setts cut from large tubers, the orientation is either skin up or crown sideways. Setts are covered with a thin layer of soil and are watered at least once a week until all have produced sprouts. With sett pre-sprouting, it may be desired to stagger planting and land preparation since setts do not sprout at the same time. In general, whole setts and head setts sprout ahead of other sett types. Planting pre-sprouted setts can, however, also be done at

one time. Preparation of pre-sprouted setts for staggered planting. To prevent sprouts from becoming too long, setts that have already sprouted are removed from the pre-sprouting seedbed and placed on a platform in a shady place. The process is repeated every week until the desired number of sprouted setts is obtained. The sprouted setts on the platform are not watered. Setts are planted before sprouts become very long. The same procedure is performed for setts intended for the second and succeeding plantings. Preparation of pre-sprouted setts for single planting. The procedure followed in single planting is essentially the same as that used in preparing setts for staggered planting. The former is done only after most, if not all, setts have produced sprouts. By this time some sprouts which shall have grown quite long should be trimmed before the setts are planted. Planting The usual planting time for ubi is March to May and occasionally until June, depending upon the time the tuber dormancy is broken, as indicated by the sprouting of tubers under storage and upon start of rain in a particular area. Setts are planted on the seedbed ridged or flat at a distance of 1 m x 50 cm or 60 cm x 60 cm and at a depth of about 10 cm. When planting coincides with a dry spell, setts are planted in any orientation about 15 cm deep if the field will not be mulched. About 20, to 27, setts are needed for one hectare. Setts are usually planted at the start of rain if the field cannot be irrigated or will not be mulched. The same planting distance and depth for non-pre-sprouted setts are used. When planting, setts should be oriented so that sprouts are up. In staggered planting, the field is divided into four up to six sections - a section for a batch of setts ready for planting. The size of each section and the time each section is prepared is guided by the rate of sprouting of setts. Mulching In order to reduce soil temperature, conserve soil moisture and suppress weed growth, it is preferable to mulch the field planted to yams. Dry coconut fronds, corn stalks, rice straw and other similar materials may be used as mulch. If rice straw or similar material that rot readily is used, the mulch is made thick about 10 cm so that it will not rot completely within four or five months. Weeding The number of times an ubi field needs to be weeded depends upon the use of pre-sprouted setts, the application of mulch and the rate of weed growth. If non-pre-sprouted setts are used and the field is not mulched, three to five weeding operations are needed before the yam canopy covers the space between rows to partially suppress weed growth. If pre-sprouted setts are used and the field is mulched, at most only two weedings performed about two months apart are needed. Handtools and animal-drawn implements are used to weed the field. While plants are still short and unstaked or if the stake structure allows their use, animal-drawn implements are used in an unmulched field. This requires that vines that cross the path of the animal be first removed and placed along the rows. However, if the plants have been staked and the stake setup does not allow use of animal-drawn implements or if the field is mulched, only handtools are used. Replanting Some amount of sett mortality can be expected, particularly in ubi when non-presprouted setts are used for planting. Thus replanting is done, usually about two months after planting. Hills with no sprouts are checked to see if there are rotten setts which should be removed and replaced with new ones. Unsprouted setts that did not rot should not be replaced because they still can produce sprouts later. Hilling Up In the case of unmulched ridge seedbed, rain and handweeding operations often level down ridges. Thus, it is necessary to hill up at least once about two or three months after planting. When the plants are still short and unstaked, animal-drawn implements may be used in hilling up. In this case, the vines that cross the path of the animal are first lifted and placed along the rows. When stakes are already set up and their presence do not allow the use of animal-drawn implements, handtools, usually shovels, are used. Staking Plants are staked before vines start crawling on the ground. The recommended stake length is one to two meters and a stake to every plant. Bamboo poles, wood, cassava stalks, talahib stalks or any similar material that can support the yam vines for at least seven months can be used as stakes. If cassava stalk is used, it is set up in an inverted position top portion buried so that it will not produce new shoots. There are various methods of staking, three of the more popular ones are as follows: This stake setup is not very stable and requires more materials to support the stakes posts and tie wire. However, weeding and hilling up operations using animal-drawn implements can be done easily under this setup. With this method, ground spaces under the stake arch need not be weeded as the foliage becomes dense. Also, stakes formed in this manner provide stable support. However, weeding and hilling up operations that utilize animal-drawn implements cannot be done under the arches. This staking method has the advantages and disadvantages of the modified trellis method. In addition, it requires fewer,

though sturdier, materials for stake construction and requires lesser amount of labor to construct. On the other hand, it has an additional disadvantage because yams grown under this method usually yield lower than those grown under the modified trellis method. Training the Vines The ubi vine twines to the right while that of tugui twines to the left. When vines start crawling on the ground, they are trained to climb their respective stakes. They are trained again when long branches start crossing the rows or when weeding and hilling-up operations using animal-drawn implements are about to be done. Fertilizer Application A hectare of ubi is able to remove about kg nitrogen, 17 kg phosphorous and kg potassium from the soil. This represents more or less its fertilizer requirements. In the case of tugui, no information is available regarding the amount of nutrients it can remove from the soil.

8: Understanding Cultural Requirements - Association for Intelligent Information Management

How to plant, grow and care for camellias. Learn how to grow and care for your camellias. Camellias are very easy to care for, and once established, can thrive with a minimum of care.

Ecological and Cultural Requirements of Gabi Introduction Gabi or taro is one of the most important root crops in the Philippines. Notwithstanding its widespread cultivation, this crop is commonly planted in areas not really suitable for its culture since traditional staples i. Although gabi has the ability to grow in marginal and submarginal areas, it normally grows well and produces high yield when cultivated in more suitable areas favored with the right soil and rainfall needed by the crop. Apart from the ecological needs of gabi, good growth and yield is better insured when appropriate cultural management is given to the crop, hence this digest has been prepared to give one an insight to the basic requirements in its culture. Ecological Requirements Soil Gabi can be grown in a wide range of soil types either as upland dryland or lowland wetland crop. The term upland refers to gabi production under a non-flooded condition and does not necessarily mean growing in high elevations. Under upland culture best results are obtained on deep, well-drained loam soil. Under lowland cultivation, which is usually in low-lying areas with abundant supply of fresh cool water for irrigation, best results are obtained if the soil is alluvial. In either culture, soil pH ranging from 5. Although gabi can be grown in water-logged areas, it does not usually grow well in these places because the temperature build-up of the water during hot days causes the plant to respire more. Rainfall Gabi is best adapted to a warm and moist environment. Evenly distributed rainfall is ideal especially for upland gabi. In areas with distinct dry and wet periods, planting upland gabi should be timed in such a way that the first four to five months of growth should receive a good amount of rain. For lowland gabi, as long as there is a continuous supply of fresh and cool water, rainfall pattern is not critical. Temperature A daily average temperature of C is ideal for gabi. Below 27C, yield is reduced. Likewise, above 29C the plants are stunted and yield is greatly depressed. Cultural Requirements Land Preparation The method of land preparation generally depends on the culture used, whether upland or lowland. Upland fields for gabi production is prepared in the same manner as that for other crops like corn. The field is plowed and harrowed thoroughly to kill the weeds and pulverize the soil. When labor is scarce, one plowing followed by harrowing is enough as long as existing weeds are properly controlled. After the soil is thoroughly prepared, furrows are set. If flat planting is preferred, setts planting materials are planted without making furrows. For lowland culture, the field is prepared in a manner similar to that of lowland rice. Existing weeds are first removed by cutting mechanically or by hand, then the field is plowed and harrowed both to puddle the soil and to flatten the area to ensure even distribution of irrigation water. When the field is thoroughly prepared, lines are drawn using a lining board or an ordinary string as planting guide. Planting Materials Planting materials are called setts. A sett is prepared from a plant or daughter plant, i. It consists of the upper cm of the corm or cormel plus the lower cm of the petioles. Best results are obtained with a sett size of g. Smaller-sized setts can be used but maturity is delayed. Planting materials should be uniform in size but if different sizes of setts are used, plant together those that are more or less of the same size. Cormels can also be used as planting materials but these are easily attacked by disease-causing organisms. Planting Distance The recommended planting distance is 75 cm between rows and 50 cm between plants in the row. Closer planting at 50 cm x 50 cm may be done but the size of individual corms gets smaller as planting distance becomes closer. Both of the above mentioned planting distances are applicable for upland and lowland culture. Planting Method Under upland culture, gabi can be planted in furrows or in flat beds without any furrow with the help of a bolo or a stick. If flat culture is preferred and irrigation is not possible, setts should be planted deeper cm during dry months and shallower cm during wet months. Mulch to conserve moisture and control weeds can be spread around the gabi plants. If labor is not a problem, planting can be made in holes about 15 cm wide and 20 cm deep. A sett is placed in one hole and is partially covered with soil. As the gabi grows the holes are naturally and slowly filled with soil. In the lowland, planting is done in flat fields and setts are just inserted about cm deep by hand into the puddled soil. Fertilizer Application It is important to determine first the nutrient status of the soil before planting gabi. If the

soil is rich in organic matter, inorganic fertilizer may not be added. The same should be done for lowland culture but the field should first be drained of water before fertilizer application. Side dressing brings better fertilizer effect in contrast to broadcasting followed under upland culture. Under lowland culture, broadcasting is practical because there is sufficient moisture to dissolve the fertilizer at once. Weeding and Cultivation Gabi is especially sensitive to weed competition. In both lowland and upland cultures, the fields should be rid of weeds particularly during the first weeks after planting. However, weed competition after this period should not be tolerated especially if plant canopy has not yet closed. For upland culture, weeds can be controlled mechanically by hand weeding or by means of plowing the inter-row spaces during off barring and hilling up operations. Chemical weed control is good as long as the plants are thoroughly protected. For lowland culture, it is enough that weeds are properly controlled. This can be done by regulating the water depth in the paddy. One good way of controlling weeds in upland gabi is by planting intercrops. Legumes, especially mungo, is a good intercrop because of its short growing period and early maturation before the gabi canopy closes. Pest Control Insect pests like aphids, army worms, hornworms and grasshoppers attacking gabi plants can be controlled by spraying appropriate insecticides. For gabi disease like leaf blight, the application of fungicides is an effective control practice. For plants that show symptoms of virus infection, removing and burning the plants are good control measures. Harvesting Time of harvest depends upon the variety used although normally upland gabi matures earlier than lowland gabi. The best indication of maturity in gabi is the size of the corm. A physiologically mature gabi plant has leaves turning yellowish and petioles becoming short but this should not be mistaken for drought effect.

9: Kids' Health - Topics - Special diets - information for children

Special Dietary and Cultural needs Page last updated: 09 October In this topic we will give a brief overview of allergies, food intolerances and sensitivities, as well as cultural and religious considerations.

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