

Food Resources

Food is an essential requirement for survival of life. Main components are carbohydrates, fats, proteins, minerals and vitamins.

Types of food supply:

1. Crop plants:

Mostly produce grains about 76% of the world's food.

e.g rice, wheat and maize

2. Range lands:

It produces 17% of world's food from trees and grazing animals.

e.g fruits, milk and meat

3. Ocean:

Fisheries – 7% of world's food

World food problem:

1. In the earth's surface 79% water out of total area. 21% land (forest, desert, mountain and barren land). Less % cultivated land, at the same time population explosion is high therefore world food problem arises.
2. Environmental degradation like soil erosion, water logging, water pollution, salinity affect agricultural land.
3. Urbanisation affects agricultural land. Hence production of rice, wheat, corn and other vegetable is difficult.



Types of nutrition:

1. Nutritious nutrition:

To maintain good health and disease resistant, we need large amount of carbohydrate, proteins, fats and smaller amount of micronutrients such as vitamins and minerals such as Fe, Ca and iodine. Food and agricultural organisation (FAO) of United Nations estimated that on an average, the minimum calorie intake on a global state is 2500 calories/day.

2. Under nutrition;

People who can not buy enough food to meet their basic energy needs suffer from under nutrition. They receive less than 90% of this minimum dietary calorie.

Effect of under nutrition:

Suffer from mental retardation and infectious diseases.

3. Mal nutrition:

Besides minimum calorie intake we also need proteins, minerals, vitamins, iron and iodine. Deficiency leads to malnutrition resulting in several diseases.

Effect of mal nutrition:

S.No	Deficiency of nutrients	Effects
1	Protein	Growth
2	Iron	Anemia
3	Iodine	Goiter
4	Vitamin – A	Blindness

India 3rd largest producer of crops, nearly 300 million Indians are still under nourished.

World food summit 1996:

The world food summit, 1996 has set the goal to reduce the number of under nourished and mal nourished people to just half by 2015.

Over grazing:

It is a process of eating the forest vegetation without giving a chance to regenerate.

Effects of over grazing:

1. Land degradation

- over grazing removing the cover of vegetation
- exposed soil gets compacted
- soil moisture is not available
- OG leads to poor, dry and compacted soil.
- Land can not be used for further cultivation.

2. Soil erosion:

When the grasses are removed the soil becomes loose and gets eroded by the action of wind and rain fall.

3. Loss of useful species:

OG affects the plant population and their regenerating capacity. OG replace the plant of high nutritive value with plant of low nutritive value.

Source : <http://nprcet.org/e%20content/eee/EVS.pdf>