

Everyone needs food. Food is a very big thing in the life of an organism. Plants make their own food. Animals eat ready food.

In factors like food most of us think about diet. The diet must contain fats, carbohydrates, proteins. The diet must also contain vitamins and mineral salts, plant fibre and water. When food is broken down during respiration, the energy from the food is used for chemical reactions such as building complex molecules. The substances provided by food are needed to replace the millions of our red blood cells that break down each day.

- Proteins are an essential part of the diet because they supply the amino acids needed to build up our own body structures. As children grow, the energy requirement increases because of the energy demands of the growth process and the extra energy associated with maintaining their body temperature.
- There is relatively less protein in food derived from plants than there is in animal products. Vegetarians and semi-vegetarians, who include dairy products, eggs and possibly fish in their diets, will obtain sufficient protein to meet their needs.
- 'Lactation' means the production of breast milk for feeding the baby. The production of milk, rich in protein and minerals, makes a large demand on the mother's resources.
- Malnutrition is often taken to mean simply not getting enough food, but it has a much wider meaning than this, including getting too much food or the wrong sort of food.

The world population doubled in the last 30 years but food production, globally, rose even faster. The strategies adopted need to be tailored to the needs and climate of individual countries. Crops suited to the region should be grown. Millet and sorghum grow far better in dry regions than rice or wheat and need little or no irrigation.

Our diet contains a lot of vitamins which our body needs, so we will be healthy. If we don't have those vitamins our immune system goes and we are vulnerable to many diseases.