

Chapter 15 Section 1 Notes

Humans and Nutrition – the human body depends on food to build and maintain body tissues

Sources of Nutrition

- meat provides high nutrients per gram

Food Efficiency

- food from plants – production requires less energy, water, and land
- food from animals – production requires more energy, water, and land
- A plot of land can produce more food when it is used to grow plants than when it supports animals because 1 Cal animal protein requires 10 Cal from plants

World Food Problems

Poverty and Violence

- malnutrition generally occurs because of poverty, war and political strife, and transportation problems
 - types of malnutrition
 - amino acid deficiency
 - insufficient variety of foods
 - low Calorie consumption
- many people worldwide are malnourished, in part because food production is sufficient, but distribution is inconsistent
- drought, soil loss, crop failure, and problems with food distribution in a region can cause famine

More Income and More Food

- people in developed countries eat more carbohydrates and protein than people in less-developed countries

The Green Revolution – characterized by new crop varieties and increased yields (amount of food produced in a given area)

- Green Revolution depended on high-yielding grain varieties
- subsistence farming (growing only enough food for local use) was harmed by the Green Revolution
- negative effects of the green revolution include soil degradation as well as the overuse of water, pesticides, and fertilizers