

Changing eating habits to save the earth research paper examples

[Health & Medicine](#)



Research Paper – Human changing eating habits to save the world

Earth as a planet faces different kind of risks which pose a great danger to the continued survival of mankind and other living organisms. These risks range from various accidents including heavenly body's collisions, threat of alien's invasion which is speculated, leak of nuclear materials which has been experienced in various countries and the global warming effect which is evidently taking place and threatening earth among many other dangers. One danger that has over the time been a threat to the continued human survival and is lightly noticed is the human eating habits. Humans being are the greatest omnivorous and have the ability to affect various parts of our ecosystem if they recklessly disturb this important part of nature which is self-sustained by various food chains available. The eating habits come along away from time immemorial when hunting was the norm of the day as daily source of meal. This has continued to modern day when farming practices are practiced in almost all countries as the primary source of food. Therefore there is sufficient evident that human beings as omnivorous have eating habits that can destroy the earth or make it a better place depending with the nature of their feeding habits on different part of the food chains available. This is because human eating habits facilitate a lot of things which ranges from health of various individuals, the climatic changes and the large environment which also contain other important organisms which balance the ecosystem.

One of the factors important in saving earth is the process of monitoring our eating habits. This can be done by ensuring we observe a system of eating

known as the green eating habits. This system encompasses various factors which will in the long run help improve human health, environment, future availability of food and the entire ecosystem and long human life on earth. One of the practices performed under the green eating habits is the reduction of purchasing of excessive food which would eventually end up in the dustbins or left to decay, this measure is important to humans because it reduces the incidences of stress by individuals being able to plan out for their meals ahead of time , it also helps monitor the food budget for a certain households therefore, this helps in conserving food as an important resource in the environment and the budget should go long way to include pets and any domestic animals in the household being reared. This process has the effect of balancing nature and regulating the use of various resources as food available in our reach to serve different purpose.

Human beings also should plan their daily meals by knowing the actual stock of the food products at their disposal. This should be ensured by knowing what is in the fridge and the store and what additional food resources are needed or which can be acquired in order for a healthy lifestyle and effective planning. This is important because it eliminates the element of wastage of foodstuffs by ensuring a tight or a convenient way of expenditure. This process is meant to ensure availability of foodstuffs to the entire earth because individual will only be buying what they can comfortably be able to finish therefore preventing loss and wastage of earth resources.

Since the environment is in question. It is highly recommendable for the construction of a compost pit which its primary function will be responsible for disposing of biodegradable food stuffs. This will facilitate the process

whereby the soil will regain useful minerals back in the soil. This soil facilitates the planting of other foodstuffs which will benefit from the previous residues. This practice is vital because it ensures that there is no waste of any important element lost between human and food which they eat and grow the products from the compost pit can be taken back to the farm to act as an important source of nutrients to the various plants being grown for the purpose of food. This process has impacted greatly on farming and it has been seen to yield fruits as it has greatly improved farming and also saved the earth from depletion of nutrients and assisting in retaining earth's nutrient's.

Encouragement of good agricultural practices in farms which deal with various kinds of food stuffs is also another way which man has strived to use in the fight to save the world and secure its constant food sources. This practice includes acts like crop rotation. This process of crop rotation has been known to facilitate better and healthy crops and at the same time ensuring that the soil maintains its nutrient's which will facilitate the growth of foodstuffs in the season to follow. This is mainly because in most parts of the world grain is the most planted or the major source of human food crop. This product is consumed in various ways starting from the products made from wheat flour, Beer, Maize flour among many other uses.

These grains also work as a meal for various animals like cows horses which is manufactured into hay to suit various animals. This activities' therefore make it possible for saving or utilising all the available resource to satisfy both humans and the animals around them. Planting of these grains yearly in the same farm is known to deplete the soil of various important nutrients .

This therefore brings the need to introduce practices like crop rotation by planting other type of products in the soil. The sole purpose which fosters crop rotation is to be able to maintain a balanced organic matter , nutrients and the microorganisms which are important for the various functions in order to maintain healthy soil.

In all this three aspects which only exists in the invisible world which benefit from the practice of crop rotation . Potatoes are a good example of plants which replenish the soil of the valuable nutrients , if one decides they want to farm on potatoes because they need it in various cases as food substance for consumption, there is high probability for the crop to perform well on the first planting season. If the same crop was to be planted consecutively on the same piece of land there will be total loss . This is because when the plant is planted it will be susceptible to various pathogens which will be ready to destroy the plant. It is important for farmers to have in mind the nature and the behaviour of various Pathogens. This is because most pathogens are known to harm crops which belong to the same botanical family but they cannot harm crops which are unrelated. This is the major essence as to why farmers are advised time and again to practice crop rotation.

Another question which arises by various farmers who plant various food crops is what will really happen if they don't follow the crop rotation as advised by various stake holders which include various agricultural research stations. This will simply result to low yields which will be up to 40% low of the initial products in the case of potatoes. This has scientifically been proven for a period of eight years study on the behaviour of pathogens to the

crops by various researches.

Eating habits can also save the world in various ways. This is true because in order for the world to be saved from various incidents that may occur it requires to have individuals who are capable of working and are healthy.

Therefore health is an important aspect of life and it can be greatly affected by various issues regarding the eating habits. There are a number of disease which come about due to bad eating habits while others can be prevented by maintaining a healthy lifestyle which include having proper balanced diet meals. Condition like obesity is usually related to bad eating habits. It emanates from the intake of many calories which are ingested than the ones the body naturally requires. The human body tends to store these calories in the form of body fats and over a certain period of time the human weight increases drastically. This condition can also be caused by high intake of large meals while at the same time the individual does not participate in any exercise that keeps burns out the excess fats from the body.

Other diseases which endanger earth which are related to food are those which can be prevented by ensuring a healthy eating routine include cancer. Cancer is a worldwide menace in the field of human health . Cancer as a disease has the potential to infect any individual and it can be very disastrous if effective measures are not in place, this disease can therefore be significantly be prevented by taking significant amount of fibre in an individual daily meal. This prevents cancer of the colon from attacking an individual. Fruits and vegetables are also another better preventive measure for cancer. Fruits are known to help reduce the chances of individuals contracting cancer .

Cardiovascular disease is also a disease related with the individuals feeding habits. This is because certain foods can affect the humans blood pressure therefore making them to contract this deadly disease. It is therefore important for individuals to ensure they reduce the intake of fats from their bodies since it is the main cause for this disease. The calories intake should also not amount to more than 30percent in a day, also more than 10 percent of calories should come from saturated fat, this is animal fat, this process of switching from high fat diet to low fat diet and the replacing of all the saturated fat with health fats like olive oil helps the human heart to perform better and reduces the chances of this attacks therefore this ensure healthy individual and eliminates the idea of extinction of man because humans are the drive force on the face of the earth.

Diabetes type two, This disease usually is associated with individuals who are obes. Their chances of contracting this disease is usually high . This is because the individuals body cells will be in a position not to respond to insulin . This is true because it has be observed in many parts of the world. The individuals who get diagnosed with this disease eighty per cent of them are usually in the obesity condition, therefore this can be concluded that bad eating habits which can be significantly controlled are the major causes of this disease.

Stroke. This is a deadly condition which attacks humans , This disease or condition is highly preventable by ensuring a healthy diet intake , this diet can be prescribed from various nutritionist all over the world. The disease is attributed to high levels of cholesterol levels in the human body , also important to note is that individuals with diabetes also possess high risk of

developing stroke.

Tooth decay is considered as a minute issue but it can be disastrous to humans if they tend not to take good care of their environment and themselves as well. This is because the condition can reach a level where it is life threatening to the affected persons . This condition just like the others emanates from bad eating habits this involves taking in food with large sugar contents. This condition can be further prevented by taking in food substances which strengthen the human teeth.

Therefore human prevention against diseases is something of great concern because in order for the survival of the human species and the earth together with other organisms which play a role in shaping the world are needed in order to effectively save the world from various disasters. This is because the earth cannot function or cannot make sense on its own when it exists without the supporting organisms which are an important aspect in the ecosystem. Therefore it is important for various mechanisms to be in place in order to impact this knowledge which enables human to take care of themselves and their environment . It is vital to have in place food chains that are able to sustain the environment in the sense that they are able to provide the environment with the right value of nutrients as they take their share of the same The organic food substances also must have a means of encouraging an equal balance with the existing synthetic elements in order to create a sustainable product output in the entire ecosystem.

Work cited

David de Rothschild, W. V. (2007). The Live Earth Global Warming Survival Handbook: 77 Essential Skills To Stop Climate Change. newyork: Rodale

<https://assignbuster.com/changing-eating-habits-to-save-the-earth-research-paper-examples/>

Books.

T. Colin Campbell, T. M. (2013). The China Study: The Most Comprehensive Study of Nutrition Ever Conducted. newyork: BenBella Books, Inc.

TERI. (2007). E for Environment 4. Delhi: Ratna Sagar.

Walker, D. (2009). Adaptation and Survival. nigeria: Evans Brothers.

WHO. (1999). Pesticide Residues in Food. UN: Food & Agriculture Org.