

Plant and fungus

[Science](#), [Biology](#)



Plants and Fungus Introduction Plants and fungi are organisms that play a significant role in the development of individuals in most settings. Their critical role is apparent since they form the key sources of food, fuel, medicine and beverages that contribute to human development. They also contribute in fostering environmental purification and decomposition of organic matter thereby enhancing land fertility that is necessary for improved agricultural production. Notable seed plants with high-value attachment include maize, rice, wheat, potatoes cassava, and sweet potatoes. They provide a range of nutrients that is unmatched in most settings (Jabr, 2011). Variably, fungi that include mushroom and yeast contribute in the preparation of beverages and are of medical value.

Personal interaction with plants and fungi, how I use them and their impact

Notably, my personal interaction with plants and fungi depicts positive results and their relevance in facilitating individual's wellbeing. The organisms bear fruits, seeds and other products that are of high value to human life. Most people have been using the yields from the organisms as a source of food, fuel, energy and beverage. It has come into my attention that some seed plants and fungi are good medicinal products that are used in curing certain diseases that affect human development (Jabr, 2011).

Secondly, the yields from the items are used in achieving nutritional balance since they provide food rich in diverse nutrients. Similarly, fungi organisms are widely depended on by most farmers as farm fertility boosters as they facilitate decomposition and recycling of organic matter (Reece, Urry, Cain, Wasserman, Minorsky, Jackson & Campbell, 2014). Farmers use them in ripening Roquefort and other products including blue cheese. From my

interactions with the organisms, it is apparent that human welfare and vibrancy is dependent on the kind of food items, products one uses and the freshness of the environment. No one can thrive without consuming healthy food with superior nutritional content and breathing fresh air.

It is inevitably true that I am in the business of using various types of plants and fungi, and they are affecting my life positively. In particular, I use maize, rice, wheat, mushroom and potatoes as food in most occasions. The food items constitute my favorite meals ever since, and their preference is based on the nutritional value (Reece et al, 2014). Subsequently, flowering plants such as tea, coffee and cocoa have formed key sources of my beverage. On the other hand, yeast that is a renowned type of fungi remains a vital source of my alcoholic beverage. I derive several types of spices that include vanilla, black pepper, mustard, mint, cinnamon among others from plant parts. The spices are used in cooking to spice up the aroma of food.

Ideally, products generated from plants and fungi have contributed to the soundness of my health status. They have enabled me to live a productive life that is free from the yolk of chronic diseases. The freedom from diseases is apparent given that I rarely suffer from diverse health complications that emanate due to consumption of non-nutritional food items and balanced diet (Reece, 2011). Additionally, the medicines generated from the plants and fungi have facilitated my quick recovery from minor headache. This has also guaranteed my wellbeing over the year's health wise. Therefore, a society and individuals seeking to live healthy in this century should strive to utilize seed plants and fungi in proportional quantities. They should enhance their production, supply and protect them from any damage.

Conclusion

Indeed, it is imperative for various types of plants such as seed plants and fungi such as yeast and mushroom to be nurtured through sustainable means. They should be protected from unnecessary acts of destruction in ensuring sufficiency in the supply the yields they produce that play a critical role in human development.

References

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