

CHAPTER 3 - SOIL

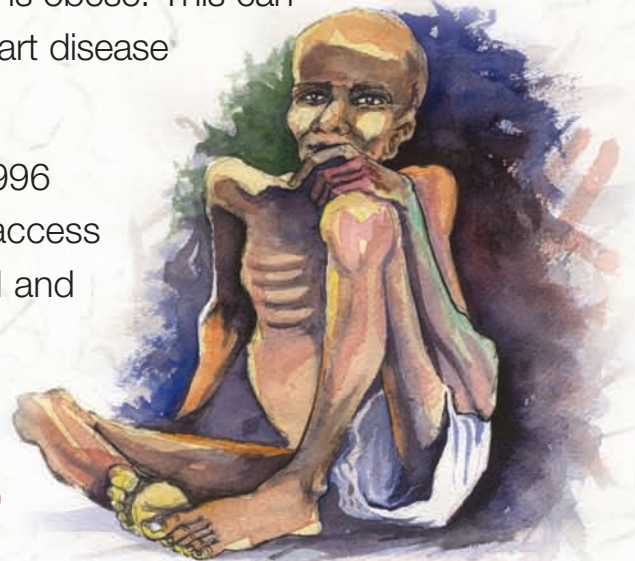


FOOD FACTS

Over 200 million people in Africa are malnourished because they do not have enough food. If the world's supply of food had been evenly distributed in 1994 it would have provided an adequate diet of about 2350 calories per day for each of us.

In countries such as the UK and the US, many people have too much food. There, people suffer from diseases related to over-eating! Diabetes can arise when people eat too much sugar. In the United Kingdom, one in five ten-year-old children is obese. This can cause many health problems including heart disease and early death.

The World Food Summit in November 1996 reaffirmed the right of everyone to have access to safe and nutritious and adequate food and the fundamental right of everyone to be free from hunger.



HOW MUCH PROTEIN?

Our daily protein requirement is 0.75g per kg of body weight. So a person weighing 70kg would need 52.5g (70×0.75) of protein per day. If you are exercising more than an hour per day, then your daily requirement is slightly increased to 1.0 - 1.2g of protein per kg of body weight - that's 70 - 84g if you weigh 70kg.

Look at the list below to see the protein content of some common foods.

Food Protein (in grams)

150g Lean meat or poultry - 40g

150g Fish - 33g

150g Soya beans - 33g

150g Lentils, kidney beans - 12g

Half a pint of milk - 10g

1 egg - 7g

