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FOOD AND NUTRITION

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Food and nutrition is the most powerful tool for the development of health, basic need of daily life, reduction in financial crises, poverty and hunger in the world

The aims of presentation consist of food, nutrition, food nutrients, health, financial crises, poverty and hunger were studied and reported that Food and nutrition is the most powerful tool for the development of health, basic need of daily life, reduction in financial crises, poverty and hunger in the world. Food is any substance consumed to provide nutritional support and contains essential nutrients such as carbohydrates, lipids, proteins, vitamins and minerals. The major sources of food are plants and animals. Most of the food has its origin in plants. Some food is obtained directly from plants but even animals that are used as a food source or as by feeding them food derived from plants. Grain is a staple food that provides more food energy worldwide than other types of crops. The healthy and balanced diets from food groups including the different agro base industries like livestock and dairy development, poultry, aqua culture, api culture, crop production. Nutrition is the study of food at work in our body, are the source of energy and the medium for which our nutrients can function. The essential nutrients for life include carbohydrates, proteins, lipids, vitamins, minerals and water in the solvent for all soluble ingredients in the blood and cell. The study reported that the industry of food and nutrition are necessary for the development of health, basic need of life, absorbing millions of technical and non-technical person, generate income, create employment, reduce financial crises, poverty and hunger in the world.

Biography

Muhammad Usman, Former Director General of Agricultural Research System, Government of Pakistan who retired from service after a spotless career of about 35 years with senior level experience on research and development of integrated agricultural production, food science. Mr. Usman is basically an agricultural scientist and established "Prominent Agro Based Industries, Agro Based Industries and Consultancy SDN BHD" in Malaysia and "Foundation for Rural Development in Pakistan", with primarily aims to work on integrated agricultural project for rural development through improvement in agriculture and consultancy services to the farmers at Malaysia.

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