

Grass: The biggest source of food for humans.



The human population is blowing up at an exponential rate. The United Nations recently released a report that said that the global population was on its way to reaching 11 billion people by the end of the century. Nearly 800 million more people than were expected by 2100 and

a massive 4 billion more as compared to people who live on Earth today.

All of those people mean a lot of extra mouths to feed. So what do people eat the most, and what is the biggest source of food today?

It may surprise many, but the correct answer is 'Grass'. Yes, not only for humans, but it is also a major source of food for farm animals that are consumed as meat by humans.

Most people know that the biggest crop in the world for the last several years has been corn. Wheat and rice hold second and third positions in terms of quantity. But very few people know that wheat, rice and corn all are seeds of different types of grasses. So it is not wrong to say that we all eat grass in one form or another.

While most mammals that humans use as food eat raw grass, human life in such a sheer number would simply not exist in the absence of a variety of seeds that simply come from the grass family. Grass truly is one of the most precious gifts given to us by nature.

The true grasses include cereals, bamboo and the grasses of lawns (turf) and grasslands. Sedges include many wild marsh and grassland plants, and some cultivated ones such as water chestnut and papyrus sedge .

Uses of grasses include food (as grains, sprouted grains, shoots or stems), drinks (beer, whisky, vodka), pasture for livestock, thatch, paper, fuel, clothing, insulation, construction, sports turf, basket weaving and many others.

You might want to remember some important and interesting facts when it comes to food production and food consumption.

Although the biggest crop grown for the last several years has been corn, it has never been the most consumed food. The most consumed food in any given year is either rice or wheat. This is because a considerable amount of corn is cultivated to produce ethanol which is a commonly used fuel for cars.

Also, the above facts are only true for crops that can be directly consumed as food by humans. In 2007, the biggest cultivated crop was sugarcane. The quantity of which was almost equal to the sum of the quantities of corn and wheat during that year. Sugar, however is hardly ever consumed as a direct source of food. It is used to add taste in other foods and beverages. It is not a surprise that sugarcane is also a type of grass. So grasses are not only the biggest source of food, they also add sweetness to life, at least to some of the foods that we eat. Again, sugarcane is also cultivated for the production of ethanol.

The next on the list of heavily consumed crops is potato. Who does not like to eat crispy and freshly fried chips. Potatoes are another tasty gift of nature to humans that we should be thankful for. Potatoes do not belong to the grass family.

The most consumed meat universally on the planet comes from an unfortunate bird known as chicken. Believed to be a healthy alternative to red meats, these creatures live their short lives in terrible conditions before being put on tables as tasty and yummy foods.

Besides chicken, there are other animals that routinely appear on the table. Ducks, geese, cows, sheep, pigs, goat and fish are eaten worldwide. In some countries, buffaloes, camels, deer, horses, reindeer, rabbits, dogs, cats, pigeons, snakes, mice, frogs, kangaroos, turkeys, ostriches, quails and even insects are consumed regularly. Some coastal countries and island nations consume very heavy quantities of fish. So much so that for most people in some of these areas, a meal would not be a complete meal if it did not have fish.

Among drinks, not counting water, coffee is on top of the list. Humans regularly consume some slow but deadly poisons also and happily provide these toxins to their children. The carbonated soft drinks! Coca Cola, 5th on the list of drinks is heavily used worldwide and is one of such drinks. These drinks are addictive and are responsible for

premature heart diseases, obesity, type 2 diabetes, gout, high cholesterol, high blood pressure and a number of serious, deadly and painful conditions associated with diabetes and high blood pressure; including renal failure, a number of cancers, including bowel cancer, brain haemorrhage and stroke. Such drinks definitely can shorten lifespan by a couple of decades and are responsible for the global pandemic of obesity in developed countries.

Write plural forms of :

Deer

Reindeer

Fish

Sheep

Comprehension:

What are the dangers of carbonated soft drinks?

What is this article about ?

Is it an informative article or a persuasive article?

Where do the most heavily eaten foods come from?

What are some of the common uses of grasses?

What is a thatch?

What is the most consumed meat on Earth.

Why chicken is a healthy alternative to red meat?

What is the only vegetarian food mentioned in this article that does not belong to grass family?

What are some of the animals that are eaten worldwide?

Spelling Practice: Memorize these spellings.

Human			
Blowing			
Exponent			
Recently			
Global			
Population			
Billion			
Century			
Expected			
People			
Compare			
Massive			
Earth			
Important			
Mouth			
Several			
Biggest			
Surprise			
Healthy			
Consume			
Camel			
Ostrich			
Quantity			
Universally			
Alternative			
Crops			
Deer			
Terrible			
Condition			
Besides			
Meal			
Heavy			
Coastal			
Chicken			
Sugarcane			
Bamboo			
Frogs			