DAILY NEED CONSUMER FEEDERS - A PROBLEM OF WASTE?

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Abstract

Continued growth in demand for agricultural products in physical quantities and quality increasing total rising to take into account the dynamics of the global human population growth has led to the idea of environment necessary to stimulate food consumption per person per day, from which we can determine the physical quantity, of food daily food structures to enable a person to show performance in the profession and have a good health. Or study methods and Eating rational about maintaining a normal body weight within the performance advantages and innovation. Also identified a significant waste of food and agricultural production chain all methods to combat this waste. Of the results need to increase production of natural and organic products quality food and agricultural research topics shift to green technologies and innovative performances.

Keywords: rational, waste, ecology, innovation, performance.

METHOD AND METHODOLOGY

Materials used in this research are: literature, theme specific magazines, national and international conference proceedings and other publications.

Quantitative analysis is performed on selected data and processed directly in the interview. The need to conduct this study resulted primarily from direct observation that in any circumstance where the supplying products consumer quantities offering far outweigh a person's calorie needs, the rest are discarded, although for that food or natural resources consumer, energy and money. Also out the food chain of the warranty period expired products is a waste.

RESULTS AND DISCUSSION

Continued growth in demand for agricultural products in physical quantities and quality increasing total rising to take into account the dynamics of the global human population growth has led to the idea of environment necessary to stimulate food consumption per person per day, from which we can determine the physical quantity, of food daily food structures to enable a person to show performance in the profession and have a good health.

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Daily consumption concept is a family structure and composition of medium for a month. The average consumption (consumption basket) includes food and nonfood, according to the figure 1.

Average consumption needs to be taken as low or normal and is quantified in physical or value.

Based on the statistical value of consumer basket cost indices can be determined or life index evolution of prices and costs of products and services that are necessary for public consumption. Cart is established for an average family of 2804 people (NIS) and established the composition and value of monthly consumption basket for a month to ensure a minimum level of living and is a key element in setting the minimum wage which in 2012 is of 740 lei.

The analysis of prices in the year 2011 and first quarter of 2012, the following percentages of consumption:

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Eating behaviors exist between people of different regions of Romania such as Moldova, Banat or Delta.

Nutrition experts say that the human body has the ability to choose foods for their metabolic needs of the five senses - sight, hearing, smell, taste, tactile sensitivity are involved in food choice behavior from a person in choosing quality and quantity of food. The body needs nutrients continuously unlike food intake is usually intermittent. All information that the body he received from internal and external environment through the organs of perception are sent through the nerve centers in the brain where they are processed and answers (decisions) turn into requirements:
• hunger is the unpleasant sensation which can not be eliminated. It occurs at certain times the body was used to have some food;
• appetite appears before hunger and anticipation of the need to eat foods that can be controlled by the preferred and previous experience;
• satiety is a euphoric and is blocking needs to overcome a food consumption over the body and its metabolic capacity;
• repulsion is loss of control by the brain needs food limited to normal human body and lead to the individual consumption of large quantities of food that can reach a mass 6 kg/person, to be/kg/person/ m which is considered normal, it leads to overweight, obesity, severe health problems;
• anorexia generally characterized by lack of appetite caused by an imperfect health, caused by digestive diseases, mental illness that lead to food rejection, hereditary, etc., leading to physical and intellectual performance loss of those persons, to underfeeding and chronic body weight as normal. The whole human body is affected by undernourishment;
• preference, is the property of the body to consume only one type of food chosen selectively based on subjective evaluation preference and previous experiences.

Overall response R of the body needs food, information received from internal and external environment, can be expressed by the relation:

\[ R = \sum_{i=1}^{n} F_i \]  \hspace{1cm} (1)

where:
- \( F \) - represent the response, and - the number of possible response;
- \( n = 7 \) in our case.

Normal weight of a person according to his consumption of food items can be calculated using the formula:

\[ I = \frac{G}{H^2} \]  \hspace{1cm} (2)

where:
- \( G \) - weight in kg;
- \( H \) - height person m;
- \( I \) - index weight.

Ideal weight index has different values for men (Lb) and women (Ll) as follows: for men Lb = 23 and vary between 20.5 and 26, for women if = 21 and vary between 19 and 23.

Suppose that a real man weighs 74 kg and a height of 1.72. Body mass index will be:

\[ I = \frac{74}{1.72^2} = 25.08 > 23, \text{ ideal (3)} \]

Ideal mass index (IBI) is defined as:

\[ \text{IBI} = 23 \times H^2 = 23 \times 1.722 = 68.04 \text{ kg (4)} \]

The man has also: 74 to 68.04 = 5.96 kg.

For a person to avoid the accumulation of body weight to lead to overweight, admitted beyond ideal, he must make a daily balance of calories gained from food (Ea) and those spent in activities that make within 24 hours (Ec) - (B). Overall energy balance (B) within 24 hours will be:

\[ \text{Ea} - \text{Ec} = B = \text{Kilocalories/24 hours} \]  \hspace{1cm} (5)

Here we have three possible cases:
1. \( B = 1 \), we have a balanced energy balance and body weight is constant;
2. \( B > 1 \), the body has a reserve of calories that are deposited as fat in the body, increasing body weight. It may be countered by intensifying activity in the 24 hours, through exercise or other activities thermal energy;
3. \( B < 1 \), the body lacks calories, decreases body weight person, health problems may arise, lack of professional performance. In this case consult a nutritionist. But food consumption varies by geographic region, from country to country. Rapid change known culinary preferences depending on their economic development area or country and the ability of everyone to have income.

For example, Italians prefer original preferably organic foods, pasta, piazza etc. French cuisine is positioned in the pleasure of eating, are demanding and the emphasis on taste who appreciate cheeses, spices, sauces, etc. using wines in preparation. In Germany food is a necessity for health and performance the profession. Americans and English have common habits, prefer more meat cooked with vegetables, pasta, corn flakes with milk and bread in limited quantities. Chinese believe food tastes a whole cosmos and their associated healing property, use many spices, prefer large amounts of natural fruit and tea are served in a specific ritual. Consumes only needs giving them a powerful and innovative work. In European Union countries, food is based on a strong traditional emphasis conservative.
Changes are slow and are based on the appearance of a new type of consumer, claims a new style and quality of life.

From a sample study of 248 people on three meals compliance specific to Romanian, that breakfast, lunch and dinner follows:
- 33% - not respecting these three tables;
- 29%-amended its schedule needs of three meals;
- 18% - say that dinner is the main meal;
- 11% - do not serve breakfast in the morning;
- 9% - respecting these three tables.

The tendency to abandon the traditional three meals daily rooted in particular times of day. Today, other rhythms daily arise after its own dynamic adaptation and after the lifestyle of individuals. A diet with an optimal intake of calories generated for individual health status and a good performance level.

But research shows us that families, restaurants, supermarkets, the dinners, the whole network from raw materials - producer - consumer, are scattered up to 50% of healthy foods and supplies. Generally each EU citizen throws (waste) on average 179 kg of food a year. The food that could feed throws 79 million citizens living below the poverty line and 16 million people receiving food from charitable societies and 95 million people would be consuming if only Europe could stop wasting food. In the case of vulnerable persons, lack of food leads to stress.

A European Commission study warns that if nations do not take action now to reduce food waste, it could increase by 40% by 2020, especially in countries based on excessive food consumption. In the European Union, 2011, the waste food products account for 89 million pounds / year, respectively 179 kg / inhabitant and without adequate measures, food waste in 2020 could rise to 128 million tons annually. Food waste is centered 42% in the households and 39% in the food. Parallel to fight food waste have acted and improving the overall quality of food products, in terms of producing organic food products providing consumers a new quality of life. A rational and organic food will enhance individual performance. The dynamics of population growth (9 billion in 2050) and reduction of agricultural land for different reasons, advertising to increase agricultural production and a drastic saving them.

CONCLUSIONS

Daily food consumption should be limited to minimum calorie / person necessary for carrying out professional performance and a state of perfect health. First consumer awareness measures to avoid any chance of food waste that can be redirected to the vulnerable in terms of food.

Excessive food consumption over energy needs of the body, to boost performance and reduce waste leads individuals related to intelligence (IQ) and creativity.

Agriculture plays vital role in providing sufficient food quality and ever-growing population. Agricultural production to encourage green technology and environmental protection that gives consumers a new quality of life. It is necessary to focus research topics green technologies, performance contributing to faster growth in agricultural productivity to keep pace with continuing growth in global demand for consumer food products.

Increasing food production, while reducing consumption to a rational recycling food waste, combined with other measures, will provide live food for a mega global human population. is a great challenge for the knowledge society.

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