First, due to the breakthroughs in agricultural production, people do not need to worry about hunger any more. In this case, a nutritional and balanced diet have become the mainstream in the world, which plays an essential role in helping people today to maintain a good health. I’d like to take Yuan Longping, a Chinese agronomist who developed the first hybrid rice varieties in the 1970s as an example. At about 1950s, a serious of harmful political policies had plunged Chine into an unprecedented famine that caused the deaths of millions of Chinese citizens. Since then, Yuan Longping started to devote himself into research and development of better rice breed and finally succeeded at 1970s. Hybrid rice has since grown all over the world—provided a robust food source in areas with a high risk of famine. People no longer need to worry about food due to high production of hybrid rice. So, it is obvious that people nowadays can easier maintain the good health than people in the past.