

A photograph of a table laden with various Spanish tapas. In the foreground, there's a large plate of salmorejo topped with sliced tomatoes, olives, and green herbs. To its left is a bowl of croquetas. Further back, there are more croquetas, a plate of fried vegetables, and a dish with meat and bread. The background is slightly blurred, showing more food and a vase of flowers. The text "Curiosities about food" is overlaid in the center in a large, black, sans-serif font.

# Curiosities about food

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# Introduction

Food has different effects on humans. It holds a deep cultural importance, it can make us feel close or at home no matter where we are. It can make and refresh memories. Every cultures gastronomy is different and everyone has a different relationship with food.

The type of food we consume directly affects our physical and mental health as well as our development. It can even dictate how we are feeling. Good nutrition is directly related to stronger immune system, lower risk of non communicable diseases, good pregnancy and childbirth and longevity. Methods of food production are directly connected to the health of the people and planet.



# Curiosities about food

Food depends on a country's environment to be able to be grown and consumed. It also has the ability to evolve throughout time.

In this world we can find many exotic and strange foods such as insects. Strange for a big part of countries and majority of people, but consumed by others in countries such as México, China, Israel, Thailand and many more.



Thailand



Beijing



Gusanos de Maguey, México





Have you ever tried something similar?

Would you like to try?



# News about the rise of prices in meat

Beef and veal prices have increased each month in 2023, in contrast to 2022 when prices fell or remained steady for 10 months of the year. (Sources: Economic Research Service U.S. DEPARTMENT OF AGRICULTURE)



→ Beef consumption is forecast to drop to its lowest since 2018, as prices climb due to dwindling cattle supplies.



In Spain, we consume 14 kilos of chicken per year per person. (Noticias Antena 3)

U.S. consumption of chicken is expected to exceed 100 pounds per person this year for the first time ever (data from the U.S. Department of Agriculture)

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# Why does this increase in prices occur?

Due to the high prices of animal feed, because of the bad weather conditions that affect crop production.





# Future alternatives for expensive meat

**Bugs and insects:** Eaten as a delicacy in some countries, but when in quantity they contain lots of protein. Some even surpass meat in protein per hundred grams. More polyunsaturated fatty acids.



**Tofu:** Created by using soy milk, consumed by many vegetarians and vegans. But not as much protein as actual meat. You have to consume a more grams to get the same protein as in meat.



**Mushrooms:** They don't contain many proteins but they surpass meat in many different areas, they contain many crucial vitamins and minerals like selenium, zinc, vitamin B1, B2, B5, B6 and B12.

