

ALI JE HRANE NA SVETU RES PREMALO?

PODROČJE RAZISKOVANJA: BIOLOGIJA

AVTORICI: NIKA MIJATOVIČ IN ELA RAMŠAK

MENTOR: LJUDMILA GORNIK

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POVZETEK

V najini raziskovalni nalogi sva se posvetili raziskovanju hrane; poiskali sva splošne podatke o hrani, katera živila je treba uživati za zdravo rast in razvoj, poiskali sva bolezni, povezane s prehranjevanjem in zakaj le-te nastanejo. Zanimalo naju je, koliko ljudi in na katerem delu sveta se soočajo s pomanjkanjem hrane, kje je hrane v izobilju in kje je je premalo.

Pripravili sva anketo, s pomočjo katere sva želeli izvedeti, ali najini anketiranci hrano zavržejo, koliko hrane zavržejo, ali kaj hrane predelajo (jo ponovno uporabijo), katera hrana je tista, ki jo najpogosteje zavržejo, zakaj jo zavržejo ter kam jo zavržejo. Anketirali pa sva različna gospodinjstva ter šole in vrtce. S pomočjo ankete sva pridobili tudi veliko idej za predelavo hrane, ki nam ostane (po obrokih).

Tematika zavržene hrane naju je zanimala tudi na ravni Slovenije in zato sva poiskali statistične podatke o zavrženi hrani v Sloveniji in rešitve, ki jih različna podjetja in posamezniki predstavljajo na tem področju.

Poiskali sva informacije o različnih pomembnih dnevih v letu, povezanih s hrano oziroma zavrženo hrano; npr. svetovni dan hrane, slovenski tradicionalni zajtrk, dan slovenske hrane itd.

V zaključku sva združili svoje ugotovitve in si odgovorili na vprašanje, ki je bilo vodilo najine raziskovalne naloge, to je: »Ali je na svetu hrane res premalo?«

KLJUČNI POJMI: zavržena hrana, zdrava prehrana, hrana v Sloveniji in po svetu.

ABSTRACT

The study is focused on the survey of food, i.e. general information on food, food groups required for healthy body and mind growth and development, unhealthy food related diseases and why they arise. In addition the study presents the parts of the world with food shortage as well as the ones with food abundance and the number of people facing food shortage.

A survey is prepared to find out whether the respondents throw food away, how much food is thrown away, do they process (reuse) food, what type of food is mostly thrown away, why and where it is thrown away. We surveyed various households and restaurants as well as schools and kindergartens. By means of the present survey we also obtained a lot of ideas for processing leftovers (the food that is left over from meals).

The study also introduces the topic of discarded food in Slovenia, i. e. statistical data on food waste in Slovenia and the solutions provided by different companies and individuals regarding the a. m. field are presented.

In the following different important days of the year associated with the topic of food or discarded food; e.g. world food day, Slovenian traditional breakfast, Slovenian food day, etc. are specified.

In the conclusion, the study summarizes all and any findings and answers the main question i. e. whether there really is not enough food in the world.

KEY CONCEPTS: discarded food, healthy food, food in Slovenia and around the world.