

that can be said to be dictated and envisaged and which are official. As for informal relations, or unofficial ones, which are really manifested in likes and dislikes, authority, common interests, they are freer.

In the words of Antoine de Saint-Exupery, "Communication is the only luxury that a person has", I want to say that this is exactly what we can go crazy without and what we can't buy for any money.

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LINK BETWEEN FOOD AND ECOLOGY

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This paper addresses the issue of healthy nutrition and the impact of food production on the environment.

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We are what we eat. Over time, the trend of healthy eating is gaining more and more popularity, people are trying to more thoroughly approach the choice of food. However, even now far from every "healthy" product can bring benefits to the human body, and in some cases even harm.

Basically, a proper nutrition basket consists of vegetables and fruits. Many may not even think that these products are not entirely useful. Yes, of course, they have many vitamins, useful elements, but in addition to the advantages, there are also disadvantages.

The main source of pollution is soil. Over time, the quality of soil, water has seriously changed due to human activities. Pollution of water and soil leads to the fact that many vegetables and fruits that we eat contain various toxic substances. It is no secret to anyone that new technologies for raising livestock include the addition of various substances to the feed, which are far from always safe for the human body.

As a result, various diseases of the digestive system, impaired absorption of nutrients, decreased body defenses, accelerated aging processes and general toxic effects on the body. In addition, contaminated foods can cause infertility or congenital malformations in children.

It should also be noted that food production is harmful to the environment. Thus, agriculture ranks first in the ranking of greenhouse gas emissions. According to the Food and Agriculture Organization of the United Nations, the level of greenhouse gas emitted by agriculture is increasing every year. Some types of food products in the production process cause great harm to the environment or they are energy and resource intensive.

Beef. Livestock production accounts for about 14,5% of global greenhouse gas emissions, 65% of which comes from beef and dairy cattle. For every kilogram of beef produced, 27 kg of carbon dioxide is emitted. This situation adversely affects the global climate.

Cheese. This product also emits carbon dioxide. First, cheese is produced on the basis of cow's milk, and cows, as is already known, emit methane. Secondly, cheese requires refrigeration and transportation. The multi-stage cheese production process requires significant energy costs. First, the processes of pasteurization, curdling and draining take place, then the most important stages begin: pressing, salting and, finally, ripening. In addition, refrigeration equipment and transportation involved in the production of cheese emit harmful substances into the atmosphere.

White bread. The production of white bread is energy-consuming, since it requires the processing of wheat to clean flour in several successive processes.

The eggs. In the production of one egg, 4,8 kg of carbon dioxide is released. A large part of the emissions comes from the production of chicken feed, the energy consumed by farms and in the preparation of eggs, and bird droppings, which produce nitric oxide.

Eating tasty food, we rarely think that its production has a detrimental effect on nature, so you should pay attention not only to your needs, but also to the environment.