

Food and Civilization

**By
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Grazing animals eat grasses and grains. Animals that live in a jungle or forest eat leaves, fruit and seeds. Predators eat the vegetarians. The first animals, therefore, had to be plant eaters.

Plant eaters have to spend a lot of time eating and chewing to get the nourishment they need to survive. Meat eaters are high on the food chain. Their food is high in nutrition value. They can spend less time in gathering and eating than plant eaters.

Man's ancestors were plant eaters, but soon developed into meat eaters also. Most predators (meat eaters) only eat meat. Plant eaters only eat plants. But man eats both. To satisfy his food needs he had to keep on the move to find his food. If he stayed too long in one area he would have eaten all that was there. Another problem that this type of food supply demanded was very small groupings. Few people could eat well where a large group would starve. Small groups were the norm. In the beginning keeping on the move and small groups was the way to survive.

Around the eastern Mediterranean; Turkey, Greece etc. certain grains were found to grow in abundance. This area, which we call The Fertile Triangle, was the birth place of civilization for here was a supply of food that could sustain a large grouping of people on a regular basis.

Primitive shelters were erected for protection and small societies developed. Mankind learned to farm the local crops and prospered. As he improved his farming skills the small groups grew in size and structure and what we call civilization was born.

Today we take eating and getting our daily bread for granted. It is only through our food supply that we can maintain our style of living. Instead of each of us growing, gathering, processing our food, one farmer is able to supply hundreds with their "daily bread" thus freeing us to do other work to improve our lives.

Our civilization, level of living, is because of our food supply. In locations where the food supply is a problem, civilization has not progressed to the level where the supply is more plentiful. Over-population, poor weather, poor farming practices have led to major problems in areas around the world.