Joonas

Health Care Museum

On the 3rd of September, we paid a visit to the Health Care Museum. We discussed the issues of the environment there as well as nutrition. The main emphasis was on the wasting of food.

The biggest problem is that more food is bought than consumed. No doubt, many families cannot help wasting some food, but hopefully in limited quantities. It would be the best, if such food were processed into compost, as in such a way it would become soil in which various plants can be grown. It would be worse, if the food were just throuwn into a gargabe bin, as it would be of no use later.

Another major issue is that shops dump food into garbage bins after its expiry date is passed. That is a great problem as it concerns huge quantities. These goods could be donated to someone or to an organization.

The third issue is that animals are kept in too limited living spaces. Chickens are stuffed in small cages too close to each other and they can never go outside. That is why they need extra vitamines and minerals. There are certainly more vitamines in the eggs of free-range chickens, and they are better.