



FOOD CONSUMPTION:

Bosnia And Herzegovina

Picture: Ćevapi

SBRB
Trento, Italy
May 8th 2024

FOOD CONSUMPTION

A close-up photograph of a plate of Bosnian Baklava. The pastries are golden-brown, flaky, and layered with dark filling, likely walnuts and honey. They are arranged on a white plate, with some pieces in the foreground and others in the background. The background is a dark, textured surface.

- Consuming food today has kind of lost its true purpose.
- People don't eat food just out of nutritious need but also out of fun and gluttony.
- People today have more issues with food overconsumption, gluttony, and illnesses such as diabetes than before.
- In Bosnia and Herzegovina we can see unsold fruit and vegetables are usually thrown away by the several big supermarkets in the town.

FOOD CONSUMPTION - HISTORY

- Throughout history, we have learned of different ways humans improved food production.
- In ancient times, people discovered the benefits of crop rotation and irrigation, revolutionising agricultural practices that ensure sustainable food supplies. People divided their arable land into three sections, rotating the sections every year. That ensured that the soil could “rest” and restore all the lost nutrients.
- By discovering new areas of the world, humans discovered new cultures of fruit, vegetables, and spices, which led to their spread throughout the world. As a result, humans established new trade routes and made the exchange of agricultural knowledge easier.

FOOD CONSUMPTION - TODAY

- In modern times, the invention of machines has drastically improved the production of food. Humans could now easily cultivate the land, which led to faster food production. Furthermore, with the increase in production speed, the world population also drastically increased. By nearly tripling its size in the last 100 years, humans have faced new challenges.
- The need for sustainable and efficient farming and food production has become necessary. As a response to the growing demand for food, scientists have focused on developing new technologies to help solve those demands. Because of those demands, humans have developed many different laws and regulations regarding food consumption and food waste.

FOOD CONSUMPTION

- Composting has become one of the most popular ways to reduce food waste.
- During that process, organic compounds oxidise and turn into nutrient-rich soil suitable for sowing.
- Even though there are many ways to reduce food waste, food production and food waste are still not balanced.
- Considering the demand for food in today's market, we would assume that all the produced food isn't wasted away, but that is not the truth, unfortunately.

FOOD CONSUMPTION - PROBLEMS



- Marketing and capitalism have ruined the perception of the demand for food, so there is way more food produced than is needed, which results in enormous amounts of food waste.
- People nowadays seem to care more about the appeal of a product than its purpose.
- Because they think they need it, they buy it in bigger quantities than they need. That creates more waste than is necessary because people cannot consume all of it before its expiration day.

FOOD CONSUMPTION - PROBLEMS

A close-up photograph of a bowl filled with Bosnian Pot Stew (Gibanica). The stew is a hearty soup containing chunks of meat, potatoes, and vegetables like tomatoes and peppers. A silver spoon is visible, partially submerged in the stew. The background is dark and out of focus.

- Human food consumption has evolved from satisfying basic nutritional demands to indulging in excess and pleasure. This is more of a psychological issue where people eat their problems away, causing them to buy and eat way more than they need.
- Also, in times of huge world crises, people think that there won't be enough food supplies, so they indulge in buying food in larger quantities, causing food shortages and unnecessary food waste.
- The situation in Bosnia and Herzegovina is no better. Estimates show that nearly 500 tons of food waste end up at the landfill every day.

FOOD CONSUMPTION - CONCLUSION

- In conclusion, people need to understand how much they actually need to buy and consume certain foods to help prevent their waste. It's a problem that can't be solved without people starting to realise how much of an impact it has on this world.
- A few years ago in several of the biggest Bosnian cities, food and organic waste were picked up by regular rubbish trucks as separate collectors and recycling was still uncommon in the country, but today even though it is still common to see that, there are more ways to recycle. Also, the awareness for this problem is being spread by schools as well as other institutes.
- So, we need to be more considerate and conscious about our actions concerning our food.



Katolički školski centar
„Sveti Franjo“ Opća gimnazija Tuzla



THANK YOU
FOR YOUR
ATTENTION