FOOD AND NUTRITION

Food is any substance that can be consumed to help the body grow, usually composed primarily of carbohydrates, fats, minerals, water and/or proteins, that can be eaten or drunk and metabolized by almost multicellular entities for nutrition or pleasure. Items considered as food may be sourced from plants, animals or other categories such as fungus. Ranching, farming, fishing, hunting, foraging, grocery shopping and other methods are ways to obtain food.

Most traditions have a recognizable cuisine, a specific set of cooking traditions, preferences, and practices, the study of which is known as gastronomy. Many cultures have diversified their foods by means of preparation, cooking methods and manufacturing. This also includes a complex food trade which helps the cultures to economically survive by-way-of food, not just by consumption. Global cuisines can be defined as cuisine based upon global, continental, national, state or local regions; essentially as cuisines of the world.

Many cultures study the dietary analysis of food habits. While humans are omnivores, religion and social constructs such as morality often which foods they will consume. Food safety is also a concern with foodborne illness claiming many lives each year. In English, the substance food is often used metaphorically or figuratively as in food for thought.

Wikipedia