

SAMPLE ARTICLE BY PILOT35

Ever felt real hunger before? For the most of us we eat so many meals as affordable food is easily available at almost any time of the day. So can we really understand hunger, the gnawing pain in empty stomachs?

It is said that an average nourished individual can survive weeks without food. The sensation of hunger typically strikes after a couple of hours without eating. The hunger sensation is generally quite uncomfortable, may be reduced or completely removed with the consumption of food. Lack of food causes contractions to occur in the stomach, and these are commonly referred to as hunger pangs. Hunger pangs usually do not begin until 12 to 24 hours after the last intake of food. They reach their greatest intensity after three to four days and may continue to be a source of discomfort and pain until the person has consumed some drink or food.

When people experience hunger for a long period of time, it is possible for them to suffer from malnutrition, a medical condition caused by an improper or inadequate diet. According to the World Health Organisation, hunger and malnutrition are the two gravest threats to world's public health, and malnutrition is by far the biggest contributor to child mortality. Starvation is a severe reduction in nutrient, vitamin, and energy intake, and is the most extreme form of malnutrition. Prolonged starvation, which comes about when a person has no food for one to two months, will cause permanent organ damage and eventually death.

Despite this, we cannot fail to notice that there is a quarter of the world's population which is eating too much! Children and adults from the affluent homes eat too much rich food and more irritatingly waste good food. They tend to have no appreciation for the food they eat or that which they waste. Ironically, there are many people out there who claim that they will not eat this or that based on whims and fancies!

A poor starving child, on the other hand, would not have eaten food for several days and would be willing to eat food that has from dustbins without any qualms. This child have no choice but to eat food that has been thrown away and be grateful for it, and not worry about the nutrient content of the food, the hygienic preparation or table presentation! He cannot worry about such trivial things. Such is his life.

It is time to think of the starving millions, appreciate the food we get and not be wasteful. How easily can we discard food! How easily we complain that the food is not tasty or that we are bored eating the same rich food! Children and many adults sometimes act badly when the food is not as tasty as it should be or as varied as it should be. The next time you complain that the food is not tasty, spare a thought for those who have not eaten for days. These starving hordes will give anything to eat the food while we so carelessly leave behind on our plates.

Parents must set their values right. They must give thanks for the food they receive and should educate their children from young to be appreciative of what they get. Perhaps it will help to take pampered children to orphanages to see how orphans live and what they get. To suggest a few, perhaps as part of a birthday celebrations, parents could teach their children to share their food and gifts with less privileged children. We must nurture a more sensitive and sensible generation which can see the faults in our weakening social structure and work towards getting it wholesome again.