

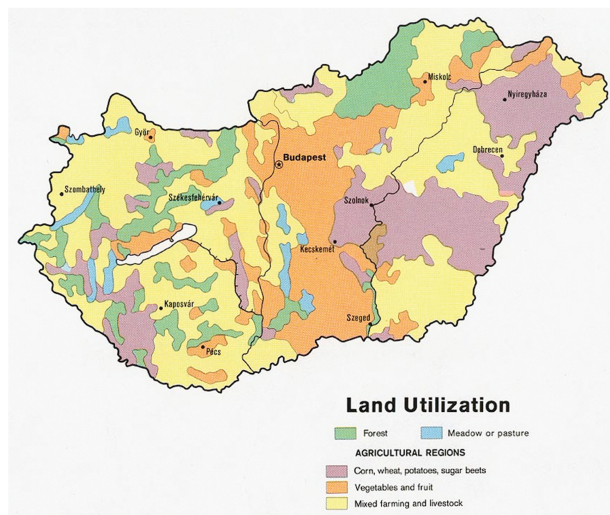


By adding to your soil some compost, you will increase its fertility and health.

In order to get a decent compost, few rules are necessary to be followed. If the compost is only made of vegetables, the worst smell will come out of it. A well made compost is made of 50% of brown (paper, cardboard...) and 50% of green (vegetables). One tip given during this talk was the use of eggs boxes which creates a perfect macroorganism and aeration. It is also a good idea to have some coffee grounds and some sand, which create a nice balance between green and brown. When a compost is finished, it is usually called as humus.

Using compost is cheaper and less dangerous than chemical fertilizers, made from petroleum and other non-sustainable sources. The use of it will also accelerate nutrient cycling.

1989 was an important year in the political life of the country, which has major consequences on the social aspect. The Communism fell and creates new opportunities for the food production. Indeed, we can notice a transition from a controlled economy to a market economy. It created many reforms including the privatisation of land and capital, elimination of consumer subsidies, contraction of consumer demand. Hungary's agricultural sector and food industry accounts for approximately 7.5% of gross domestic product (GDP). Principal crops are wheat, corn, sunflower seed, sugar beets, and potatoes. Pork and poultry are Hungary's principal livestock products.





The modern agriculture in England. It represents a mass production using chemical products to increase crops development.



The traditional agriculture in Hungary, much smaller and less efficient in terms of production capacity, but better for the quality.



Making the plant pot of newspaper is an environmentally way to get rid of the plastic pot we can find in shops. As the paper pot is biodegradable, it will decompose and the roots from the plant will grow through it as it rots down. The whole pot can be planted into a bigger one. Moreover, it is a way to bring some more nourishment a to the plant.



Group project : food diary comparison between three students

	Monday	Tuesday	Wednesday	Thursday	Friday	Overall price of lunches :
Student n°1 : Josephine	Sainsburys yogurt + honey+ Philadelphia cheese + Ryvita	Sainsburys yogurt + honey+ Philadelphia cheese + Ryvita	Sainsburys yogurt + honey+ Philadelphia cheese + Ryvita	Sainsbury's ricotta and spinach pasta	Sainsburys yogurt + bread + cheese	£8.53
Student n°2 : Iona	Three bean and tomato soup (sainsburys)	Left over chili con carne	Moroccan Chickpea and Spinach Soup (Sainsbury's healthy Living)+Apple (Aldi)	Combination Salad Box (University Salad Bar)	Co-op Oat crackers with cheddar Homemade Muesli and banana	£6.93
Student n°3 : Justine	Salad (lettuce from local market) + French cheese + tomatos from supermarket)	Omelette (free range eggs, milk, French cheese)	Fish and chips from restaurant	Beans on toast, all sainsburys, healthy Living	Bio rice with salmon (Iceland)	£6.25

The diary bringing the most varied and healthy nutrients is the one from student n°2 Iona.
The healthiest but most expensive diary and repetitive is student n°1.