

Opinion Article

Diversity of global food systems and cuisines rooted in agriculture and rural development

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DESCRIPTION

The diversity of global food systems and diets, which are both important determinants of the nutrition and health of the worldwide population, are centred on farming and rural development. Due to demographic changes, urbanisation, and globalisation, diets are not constant and are actually changing. Furthermore, numerous forms of malnutrition (including under nutrition, overweight, and obesity) are not getting better quickly enough and, in some situations, are actually getting worse. The main cause of these burdens is healthful eating. Rural residents and smallholder farmers in particular, play a crucial role in supplying the essential nutrients that are part of our meals and support human health. On the other hand, rural populations in several regions of the world are frequently underprivileged and deal with the effects of malnutrition on both sides of the malnutrition spectrum underweight or overweight. They also have severe difficulties, frequently as a result of inadequate investments in rural development. These populations face a number of difficulties, including the depletion of natural resources, the threat of climate change, the underrepresentation of women, conflict, and urbanisation. It will be difficult to accomplish sustainable development in these rural areas, which are crucial for the development of future food systems, if actions are not done and their livelihoods are not given priority.

For the majority of people on the planet, farming is or was an essential component of our culture and tradition. Agrarian societies, made up of farmer families, pastoralists, and fishermen, domesticated plants and animals, and agriculture formed the cornerstone of all economies throughout almost every society's history. Some nations have undergone significant structural changes not only in their manufacturing and service sectors but also in their agriculture sector, enabling economies to expand and thrive in a variety of ways. For the majority of people on the planet, farming is or was an essential

component of our culture and tradition. Agrarian societies, made up of farmer families, pastoralists, and fishermen, domesticated plants and animals, and agriculture formed the cornerstone of all economies throughout almost every society's history. Some nations have undergone significant structural changes not only in their manufacturing and service sectors but also in their agriculture sector, enabling economies to expand and thrive in a variety of ways. Richness in biodiversity, or agro biodiversity in the context of agriculture and farming systems, is crucial for preserving the variety of foods that make up human dietary patterns. Landscapes and farming practises used by smallholder farmers vary greatly. Demonstrating how agricultural diversity is a worldwide. Rural small-scale farmers make up a large portion of the poor population. They are nevertheless vulnerable to severe hunger and under nutrition in several parts of the world. Overweight and obesity are also having an increasing negative impact on them. Why is that so? Due to biases towards metropolitan areas, rural inhabitants are frequently overlooked. Small land parcels, restricted technology access, and informal or scare markets all contribute to the persistence of subsistence lifestyles. Rural places are typically rural development is a "plan to help a particular group of people, poor rural women and men, to get more of what they desire and need for themselves and their children. It entails assisting the most vulnerable individuals seeking a living in rural regions to demand and control more of the advantages of rural development. What viable remedies could be used to address the four issues identified previously in order to ensure sustainable rural development in 21st century.

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