



# Resource Management



read

## The Importance of Food, Water and Energy

quiz



### The Big Picture



### Importance to well being

Food, water and energy are essential to economic and social wellbeing. Where resources are plentiful economies grow, societies flourish and the population enjoys a good quality of life. Where resources are scarce, the opposite occurs. Resource management can have a significant impact on development.



### Food

A healthy life is dependent on food, as it provides energy as calories. The guidelines for average daily calories are:

Category	Calories
Men	2,500
Women	2,000
Child (5-10)	1,800
Girl (11-14)	1,850
Boy (11-14)	2,200

People who are very physically active and those living in cold environments require a higher calorie intake. In some places around the world many people consumer far fewer calories, leading to poor well being. This is mostly in LICs. An increasing number of people in HICs consume far too many calories. This leads to obesity and poor well being.



### Water

Water is needed for a range of reasons. Humans need to drink water to survive. Water is also required for washing and disposing of waste in



### Key Terms



**Resource management** – The control and monitoring of resources so that they do not become depleted or exhausted.

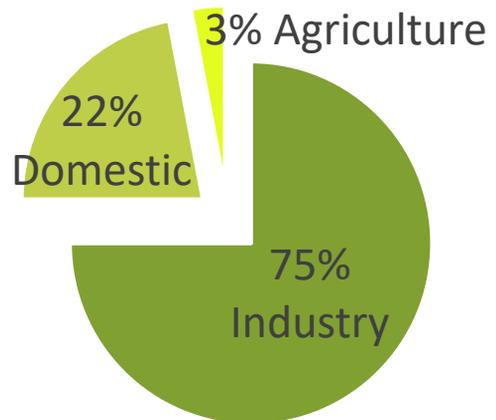


**Fossil fuel** – A natural fuel such as coal or gas, formed in the geological past from the remains of living organisms.



**Development** – The progress of a country in economic growth, welfare and tech.

industry and manufacturing. The average person in the UK uses 150 litres of water a day. Only 4% of this is used for drinking. In the UK, 75% of water is used by industry.



### Energy

Energy is used in many ways. For example, it heats our homes, manufactures goods, processes food and power transport. Energy use varies depending on where people live and how wealthy (rich) they are. In the past, energy has come from burning wood and fossil fuels such as oil and coal. Fossil fuel is a natural fuel, such as coal or gas, formed in the geological past from the remains of living organisms. Nowadays, more energy comes from renewable energy, such as solar and wind power. Renewable energy often referred to as clean energy, comes from natural sources or processes that are constantly replenished.