

During the Stone Age of mankind, eating utensils consisted of simple sharp stones intended for cutting meat and fruit. Simple designs of spoons were made from hollowed out pieces of wood or seashells that were connected to wooden sticks. Animal horns also were used as a means to eat liquid foods.

Dinosaurs were a successful group of animals that emerged between 240 million and 230 million years ago and came to rule the world until about 66 million years ago, when a giant asteroid slammed into Earth. During that time, dinosaurs evolved from a group of mostly dog- and horse-size creatures into the most enormous beasts that ever existed on land.

They were not a rich family. Life was not easy for them. They grew good crops of fruit and vegetables. They also raised sheep and cows. The father had to take his produce to a small town two hours journey away to sell it. He did not always get a very good price for it. He wished he could sell his produce in a big city but the nearest big city was at least 3 days journey away.

When we speak of a basic human need, we mean something which is necessary to life, something we cannot do without. Food is a basic human need. Without it, we would starve to death; but even if we have a plenty of food, but of the wrong kind, our bodies will suffer from the lack of right food. This is known as malnutrition. It is a condition that develops when the body is deprived of vitamins, minerals and other nutrients.