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**IF I COULD INVENT SOMETHING NEW**

Inventing something new is what I have pleasure in. Before starting my points I will like to enlighten you on what access food is. What is access to food? This can be defined as the factors that influence an individual or household’s ability to acquire food or an adequate diet while not compromising on other basic needs. They are mostly categorised within economic, physical and social access.

Presently in Nigeria, there is no adequate access to food because most people do not want to engage in farming. This has led to hunger. This has caused psychological effects, some people have gone mad because of lack of food. People who experience hunger are more likely to experience malnutrition and chronic conditions like heart disease and diabetes. One of the major foods we don’t have adequate access to is tomatoes and pepper.

Achieving the goal will require better access to food and the wide spread promotion of sustainable agriculture. These entails improving the productivity and incomes of small scale farmers by promoting equal access to land technology and market, sustainable food production system and resilient agricultural practices. With 25million Nigerians are at high risk of hunger.

Hunger can significantly impact public health and may result in long term consequences. Poor nutrition caused by hunger can lead to various health issues, such as weight loss, fatigue, anemia, weakened immune system and even cognitive delays such as difficulty in learning or concentrating. When an individual is affected with hunger, the heart rate decreases due to low food, making physical activity even harder, which can cause stunted growth, weakened immune and can also break families.

However, people in rural communities and the south area are often more likely to lack access to enough foods. This is because of many factors like poverty, unemployment, and the cost of living. For instance your stomach produces hormone called ghreln just before is expects your meal. Ghreln activate receptors in the part of your brain involved in hunger called the hypothalamus more on this brain region later. As ghreln levels rise, so do your pangs. These are what happens when a person is hungry.

What are improved seeds? These are seed banks that use organic farming techniques. In aspects of tomatoes and pepper I can make an advanced seed that can develop within a month. This involves mixing it with manure before and after planting because tomato and pepper scarcity has lasted for over a month now without solution. When seed like these is produced, it would be distributed to subsistence and commercial farmers in other improve

farming in Nigeria. Once this is done, the price will crash. There are also other crops which can be advanced in order to have adequate access to food and to reduce hunger in the Nation.