

My

Maat a Nkemi

CONCLUSION

So to answer the questions:

Why is it important to know where your food comes from?

It is important to know where your food comes from because, when you know where your food comes from, you know what's inside it, how it got here (if it's meat you are eating) then you know how the animals ^{were} bred, born & raised, what sort of food they ate etc.

To answer:

Are working conditions important in producing goods?

Yes

Because if the energy around the food isn't healthy, then how are you going to be healthy if slave or/and child labour went into the food being grown then you are absorbing that energy if you consume that food and that energy isn't healthy.

It's like you can fast, diet or eat healthy all you like, but if you have a negative mindset then you aren't going to be healthy.

So yes for both questions because of the [↑] above