

# Knowledge Is Power

## Why Study Food Science? Notes

### KEY

#### Why Study Food Science?

- Personal benefits
- Improve the world
- Environmental impacts



#### Personal Benefits

- Protect your future
  - Knowing the facts about food leads to a healthier lifestyle.
- Understanding food science
  - Learn how to keep food safe for yourself and others.
- Gaining practical skills
  - Understanding food science will increase your cooking skills and comprehension to try new things

#### Social Impacts

- Hunger
  - Using biotechnology to make better use of our food sources and decreases the number of people suffering from hunger
- Genetic Engineering
  - Cultivating a variety of plants and animals by altering genetic traits

- Public health
  - Food scientists work to see that our food supply is becoming more nutrient dense and is handled safely.
- Effects on Families
  - Providing convenience foods to keep busy families together

### Environmental Impact

- Things to think about: reducing waste, using less energy, producing new packaging, creating hardier plants that require less water and chemicals
- Sustainable farming: producing food by natural methods that fit local needs and conditions
  - Example: Through genetic engineering, plants can become resistant to insects and require less pesticide application.
- Integrated pest management: controlling pest with natural biological pesticide as plants make their own pesticides or deterrents
  - Examples: Farmers use insects that will keep harmful bugs away from crops without the use of pesticides.