Knowledge Is Power
Why Study Food Science? Notes

Why Study Food Science?

- Personal benefits
  
- ______________________

- Environmental impacts

Personal Benefits

- Protect your ______________________
  
  - Knowing the facts about food leads to a healthier lifestyle.

- Understanding food science
  
  - Learn how to keep food ____________ for yourself and others.

- Gaining practical skills
  
  - Understanding food science will increase your cooking skills and ________________ to try new things

Social Impacts

- Hunger
  
    - Using biotechnology to make better use of our food sources and ________________ the number of people suffering from hunger
  
    - ______________________

    - Cultivating a variety of plants and animals by altering genetic traits
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- Public health
  - Food scientists work to see that our food supply is becoming more ______________________ and is handled safely.
- Effects on _________________________________
  - 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
- _________________________________ farming: producing food by natural methods that fit local needs and conditions
  - Example: _________________________________
- Integrated pest management: controlling pest with ______________________ deterrents
  - Examples: Farmers use insects that will keep harmful bugs away from crops without the use of pesticides.