Knowledge Is Power: Why Study Food Science?
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Is this just a brown paper bag?
Why Study Food Science?

- Individual advantages
- Improve the world
- Protect the environment
Individual Advantages

- Securing a Healthy Future
  - Knowing the facts about food can lead to a healthier lifestyle

- Understanding Safe Food
  - Identify good food safety habits

- Food Science Application
  - Comprehend food science concepts relating to food production
Lab: Comparing Food Labels

- Time: 15-20 Minutes

- Objective: Students will compare nutrition fact panels found on food labels.

- Materials:
  - Food labels
  - Handout: Comparing Food Labels

- Directions: Use the food labels to completely fill in the handout. Use your observations to answer the “Analyzing Results” questions.
Improve the World

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

- **Genetic Engineering**
  - Improving a variety of plants and animals by altering genetic traits

- **Community Health**
  - Food scientists work to ensure food safety and nutritional content.

- **Effects on Families**
  - Providing healthy foods for busy families
Protect the Environment

- 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 methods that preserve the structure of the soil and reduce erosion
  - Example: growing plants that require less water

  - Integrated pest management: controlling pests with plant modifications to be pest resistant
    - Example: Farmers use helpful insects that will keep harmful insects away from crops
Taste tomorrow. Everybody has to eat. And that means that there are more jobs for **food scientists** than there are graduates with a food science degree. A Washington State University alumnus with a food science degree explains the duties of a food scientist.

Assignment: Where to Study Food Science?

1. Use the Internet to research three higher education schools that offer a degree in food science. Recommended website: www.ift.org

2. Use the assignment handout “Where to Study Food Science?” to gather the necessary information from the schools’ websites.

3. Create a presentation of one of the school’s food science degree program.

4. Write a professional letter to the school’s food science department requesting brochures and additional information about the program.
Day 1 – Journal Entry

- Food Science can help solve global issues by…
Day 1 – 90 Second Speech

Topic

How does population growth affect our food supply?
Day 2 – Journal Entry

- Food Science promotes environmental protection through…
Day 2 – 90 Second Speech

Topic

- How can the knowledge you gain in food science improve your health?
Day 3 – Journal Entry

- I can better manage my health using food science principles by...
Day 3 – 90 Second Speech Topic

Discuss sustainable farming and how it has impacted agriculture around the world.
Day 4 – Journal Entry

One thing I have learned from this lesson that I can apply to my eating habits is…
Day 4 – 90 Second Speech

Topic

How has food science improved public safety?
References/Resources


- Food Science at WSU
  Source: TeacherTube.com
  Running Time: 3:24 minutes
  Release Date: January 30, 2009

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- Approved Undergraduate Programs (Food Science)
  The Institute of Food Technology
  http://www.ift.org/knowledge-center/
References/Resources Cont.

- Food Scientist Quotations
  Bringing over 18,000 quotes to you everyday
  www.Proverbia.net
  http://en.proverbia.net/citastema.asp?tematica=482

- Quote World-Famous Food Quotes
  Over 15,000 quotations and famous quotes
  www.QuoteWorld.org

- http://www.quoteworld.org/quotes/10318
  http://www.quoteworld.org/quotes/5122
  http://www.quoteworld.org/quotes/4117

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