

# Knowledge Is Power

## Why Study Food Science? Notes

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- 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

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

- 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.

