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Evolution of Nutrition and Food Sciences in the country

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The world has progressed through hunter–gatherer, agricultural, and industrial stages to provider of goods and services. This progression has been catalyzed by the cultural and social evolution of mankind and the need to solve specific societal issues, such as the need for preservation to free people from foraging for food, and the need for adequate nutrition via consistent food supply year round. These forces led to the development of the food industry, which has contributed immensely to the basis for a healthy human civilization and helped society prosper and flourish. Today, our production-to-consumption food system is complex, and our food is largely safe, tasty, nutritious, abundant, diverse, convenient, and less costly and more readily accessible than ever before. This vast food system includes agricultural production and harvesting, holding and storing of raw materials, food manufacturing (formulation, food processing, and packaging), transportation and distribution, retailing, foodservice, and food preparation in the home. Contemporary food science and technology contributed greatly to the success of this modern food system by integrating biology, chemistry, physics, engineering, materials science, microbiology, nutrition, toxicology, biotechnology, genomics, computer science, and many other disciplines to solve difficult problems, such as resolving nutritional deficiencies and enhancing food safety. The impact of modern food manufacturing methods is evident in today's food supply. Food quality can be maintained or even improved, and food safety can be enhanced. Sensitive nutrients can be preserved, important vitamins and minerals can be added, toxins and antinutrients (substances such as phytate that limit bioavailability of nutrients) can be removed, and foods can be designed to optimize health and reduce the risk of disease. Waste and product loss can be reduced, and distribution around the world can be facilitated to allow seasonal availability of many foods. Modern food manufacturing also often improves the quality of life for individuals with specific health conditions, offering modified foods to meet their needs (for example, sugar-free foods sweetened with an alternative sweetener for people with diabetes).

Key Words: Nutrition, Food Technologies, Hunger, Public policies, Food industry

Biography:

Saima Khursheed is completed my PhD in soil science and agricultural chemistry. I have been using my Soil and Environmental science experience in consulting, fieldwork, litigation support/expert witness testimony, management, and scientific support and analysis; using my management and consulting experience in a team-oriented, multi-disciplinary professional environment that is proactively involved with environmental sustainability, ecology, natural resources, and soil science related projects including assistance with coordinating field activities, field work including soil/groundwater/vapor and ecological investigations, data evaluation, and report preparation. I am an experienced professional interested in leading and participating in the team effort