Many people around the world today live busy lives. We have jammed packed work schedules, kid’s activities to go to, and in those few moments of leisure time we just want to relax. But we still have to eat, therefore many have chosen a diet of fast food. This is not healthy, but on top of that, this problem has gone on for so long we may not even have the skills to know what to eat. We have heard eat our vegetables. But how many vegetables? Why am I not full after I eat? How do I cook these vegetables? All good questions, and they require answers. Thanks to technology we can look up most anything. If you do not know how to boil water, there is a video for that. As people we have the intelligence to cook food, but what if there was a way to increase your intelligence in a few effortless steps. We can do that with the help of our friend, AI.

AI (Artificial intelligence) can help us take our lack of knowledge and provide us with easy solutions to our problems. Of course, we will need an app that can help us to find everything we need in one location. AI can help us to find recipes, a marketplace to but the food. It could even keep a list of foods you already have. This might require having the AI know expiration dates as well, so you have ingredients in your kitchen for the recipes the AI gives you. The AI can start you off with basic recipes, to help yourself become familiar with the app, and your kitchen. If the AI has information about your health, it could also suggest recipes that can help you to lose weight, or to help you bulk up. It could be customized to you. AI could also be used to help you by auto ordering your favorite foods.

What type of components will the AI need to achieve all of this for your future? For the Healthcare aspect we could get as simple as your basic health information. You weight, height, and age. You would not need even this to get basic recipes, this information would help the AI tailor the diet to you. We could get more knowledge to help the AI out by connecting your computer to a digital weight scale that tracks things like BMI (Body mass index), we could even go as far as to your medical records with you doctor. For a list of foods, you would need a manifest of the foods you already have, as well as connection to your favorite online grocery store app. This could help keep a current manifest, of course you would need an ability to add to your manifest. As well as AI giving you ingredients to add to the shopping list, so then you will have what you need to cook the recipes. Lastly the AI would need a list of recipes in order to help you with refining your cooking skills. AI would need access to a recipe database and then the recipes could be in order of rank from easy to master.

There are some ethical concerns brought about by having AI help us in daily lives. Dependency is one of them. Most of us could not live without our apps today. We have become reliant on them. Life would have to get slower if we did not have them, just on the fact that we would have to ask several people questions that they might not have the answer to, as well as flipping through pages to find things in books. Companies could also target market to us better with the information directed by the AI. This tracking data could be used against us if we are trying to change or data, buy offering us things that are not in our best interests to eat. Let us be real as people we only have so much will power. Governments could also use this information against us as well. Conspiracy theories have suggested that Some organizations would like to control what we eat. They could use the AI principles to steer us away from things like meat. This may not be done for true environmental reasons, but just for power’s sake.

Citations

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