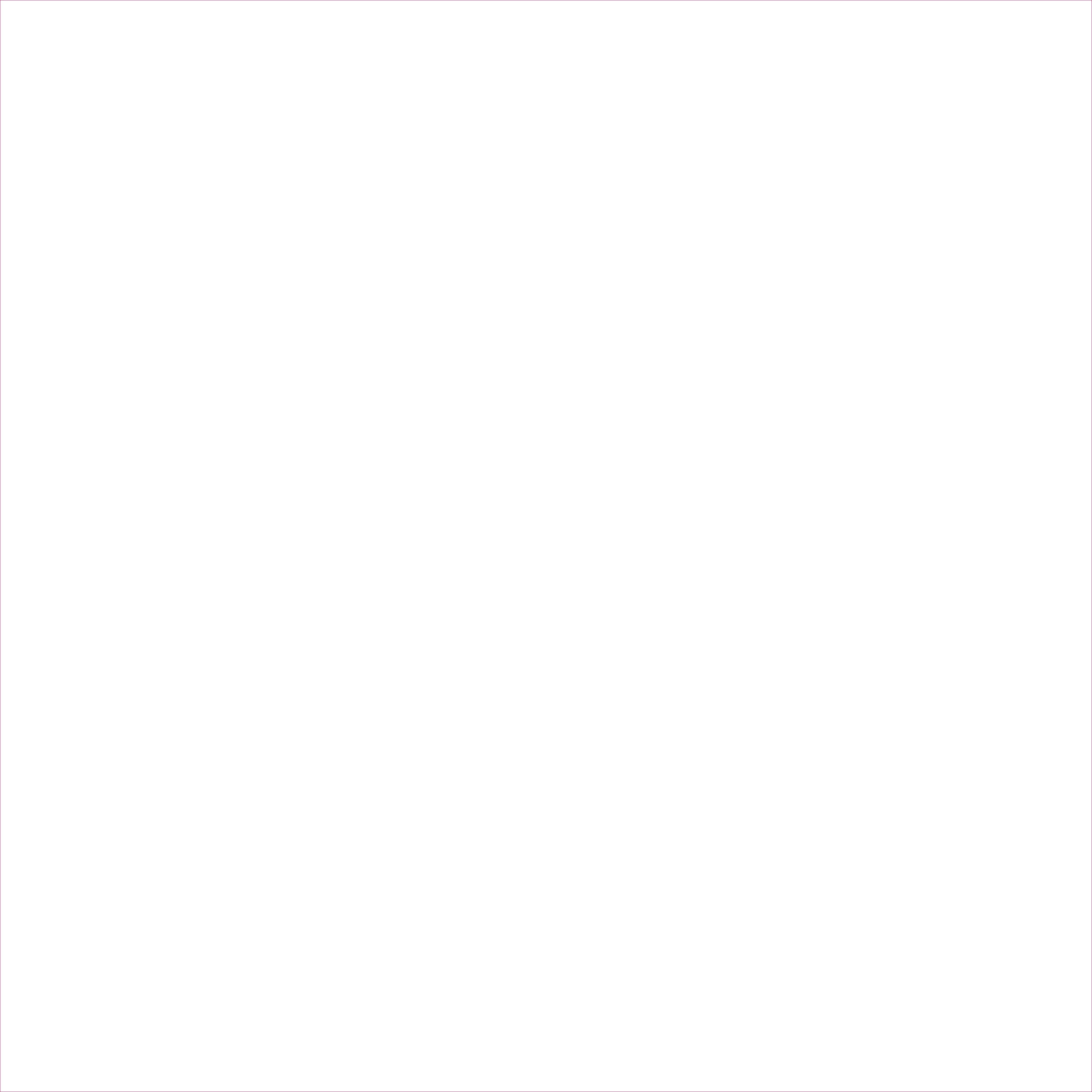
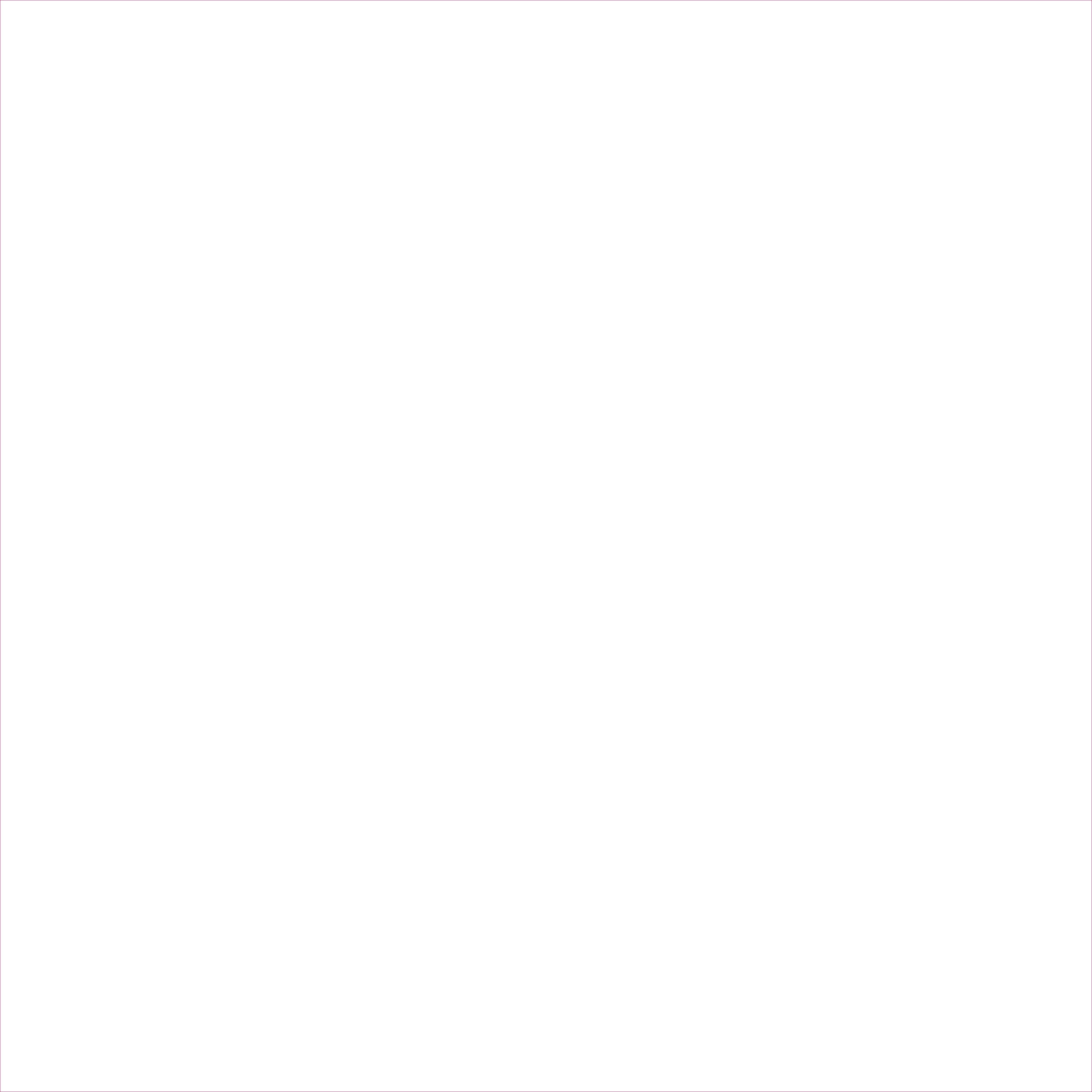
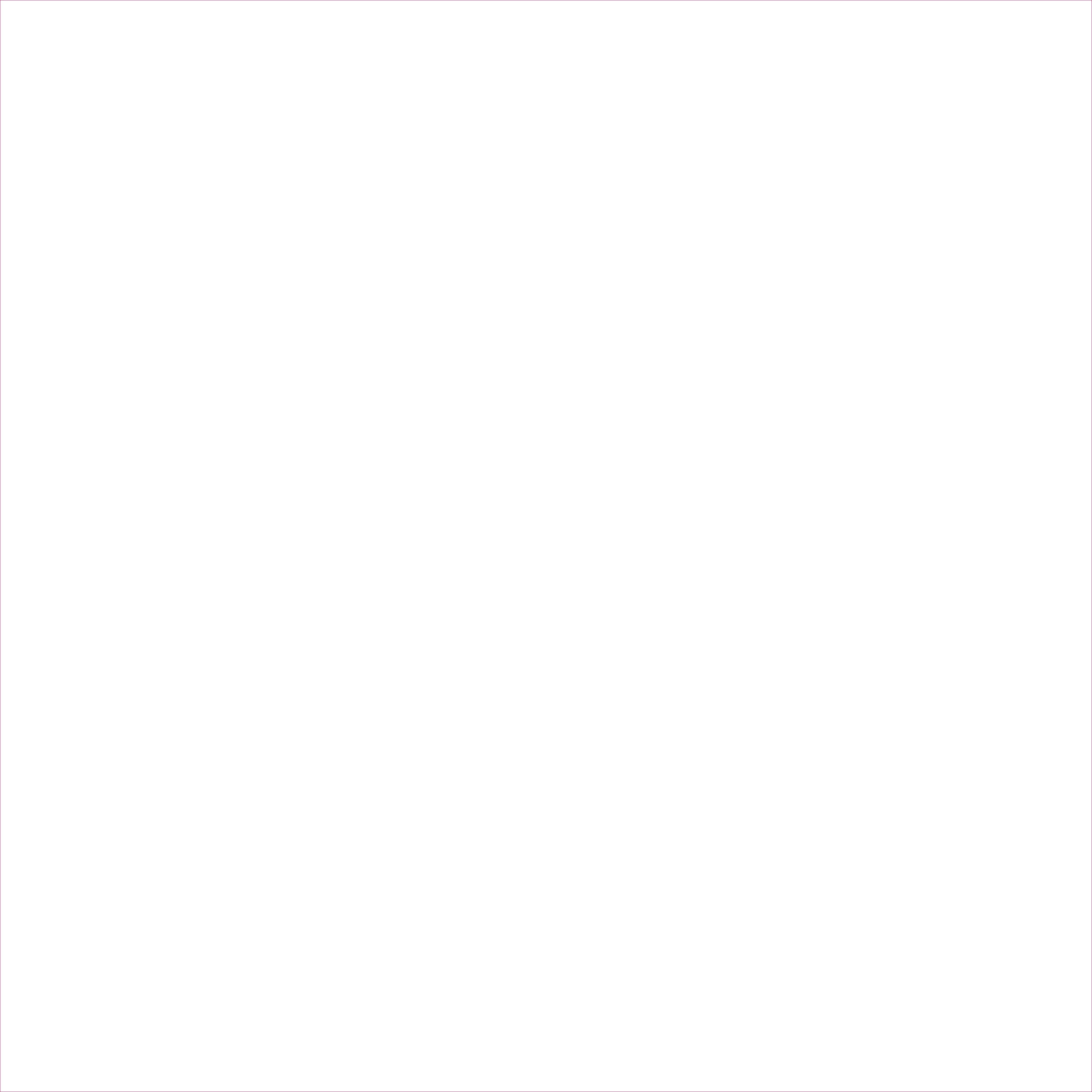


Food Sciences



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## Summary (Max 100 words)

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| In conclusion, the traditional vs modern food science debate in India highlights the need to strike a balance between preserving cultural heritage and embracing innovation. While modern food science has led to the development of new food products and technologies, it is important to ensure that they are healthy, sustainable, and culturally appropriate. Traditional food science, on the other hand, can provide valuable insights into healthy eating habits and sustainable food production, which can be applied to modern food science. Ultimately, the goal should be to create a food system that is both nutritious and culturally relevant. |

## Aims/Objectives

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| Understanding Food Science in India for Sustainable Development |

## What did you do?

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| * The case study explores the potential impact of sustainable food science on nutrition, livelihoods, and environmental sustainability in India. * We suggest innovative solutions such as nutrient-rich crops, organic farming, plant-based protein sources, and food waste reduction initiatives. |

## What was the context / background?

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| India is a country rich in cultural heritage, with a diverse range of traditional foods that have been passed down through generations. These traditional foods are not only a source of nourishment but are also a way of preserving cultural identity.  However, with the increasing influence of Western culture, modern food science has started to dominate the Indian food industry. In this case study, we explore the differences between traditional and modern food science in India and their impact on food and nutrition. |

## How was it organised and who was involved?

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| India’s food system and current Era were analysed |

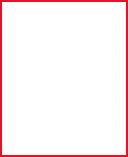
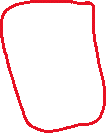
## What resources did you need?

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| Not much for awareness but Financial and human are required for innovations |

## Has it been evaluated? How successful has it been?

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| It has been reviewed by my peer classmates.  They said it spread the word and make people aware |

## 



## How did it draw on or contribute to a Healthy University Whole System Approach?

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| The case study focuses on sustainable food science innovations, such as organic farming and food waste reduction & public awareness |

## Future Plans

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| Our potential future plans in this field include:   1. Continued research and development of sustainable food science innovations, such as plant-based protein sources, nutrient-rich crops, and sustainable packaging solutions. 2. Collaboration among stakeholders in the food system, including farmers, food manufacturers, policymakers, and researchers, to develop and implement sustainable food practices. 3. Education and outreach efforts to raise awareness about the benefits of sustainable food science and promote healthy and sustainable food choices among consumers. |

## Key Learning Points

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| Here are some cons of modern food science and some solutions for sustainable development in India, Cons of Modern Food Science:   1. Increased Consumption of Processed Foods: Modern food science has led to an increase in the consumption of processed foods, which are often high in unhealthy fats, sugars, and salt. This has led to a rise in obesity, diabetes, and other chronic diseases. 2. Environmental Degradation: Modern food production methods often involve the use of pesticides, fertilizers, and other chemicals, which can harm the environment and reduce soil fertility. 3. Loss of Biodiversity: The focus on a limited number of crops in modern agriculture has led to a loss of biodiversity, with many traditional crops and food varieties disappearing.   Solutions for Sustainable Development:   1. Promotion of Healthy Eating Habits: There is a need to promote healthy eating habits and encourage the consumption of fresh, whole foods. This can be done through nutrition education programs, labeling of food products, and taxation on unhealthy foods. 2. Adoption of Sustainable Farming Practices: The adoption of sustainable farming practices, such as organic farming, can help reduce the use of pesticides and fertilizers, improve soil health, and reduce environmental degradation. 3. Preservation of Biodiversity: Efforts should be made to preserve traditional crops and food varieties through seed banks and conservation programs. This can help maintain biodiversity and ensure the availability of diverse and nutritious foods. 4. Support for Small Farmers: Small-scale farmers should be supported through access to credit, technology, and training programs. This can help them adopt sustainable farming practices and improve their livelihoods. 5. Collaboration between Traditional and Modern Food Science: Traditional and modern food science can work together to create innovative and sustainable food products that are both nutritious and culturally appropriate. This can be done through collaborations between food scientists, farmers, and local communities.   Impact on Nutrition and Livelihoods  The adoption of sustainable food science practices in India can have a significant impact on nutrition and livelihoods. Nutrient-rich crops and plant-based protein sources can help improve the nutritional status of vulnerable populations, while organic farming practices can improve soil health and reduce environmental degradation. Food waste reduction initiatives can also help reduce food insecurity by ensuring that more food reaches those in need.  Impact on Food and Nutrition  The shift from traditional to modern food science has had a significant impact on food and nutrition in India. While traditional foods are generally considered to be healthier and more nutritious, modern food products are often high in calories, sugar, salt, and unhealthy fats. The mass production of modern food products has also led to a decline in the quality of ingredients used, as well as a loss of cultural identity.  Traditional Food Science :-  Traditional food science in India has been developed over thousands of years, with a focus on natural ingredients, preparation methods, and food combinations. Traditional Indian cuisine is known for its use of herbs, spices, and aromatic ingredients, which not only add flavor but also have medicinal properties. Traditional food science also emphasizes the importance of balancing the six tastes - sweet, sour, salty, bitter, pungent, and astringent - in each meal, to ensure a healthy and balanced diet.  Modern Food Science:-  Modern food science in India has emerged with the rise of industrialization and globalization, and is heavily influenced by Western food culture. Modern food science focuses on developing new food products and technologies, with a focus on convenience, shelf-life, and mass production. Many modern food products contain artificial additives, preservatives, and synthetic flavors to enhance taste and appearance. |

## Influencing Persons (provide trusted knowledge regularly to improve our daily lives)

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| Awareness Links | |  | |
| Fit Tuber |  | https://www.youtube.com/@FitTuber |  |
| Baba Ramdev |  | https://www.youtube.com/@ISupportBabaRamdev |  |
| Mark’s Daily Apple |  | https://www.youtube.com/@marksdailyapple |  |

## Contact Details

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| --- | --- |
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| Contact Name | Sachin Rajbhar |
| Email Address | officialsachinrajbhar@gmail.com |
| Links | [*http://www.icar.org.in/*](http://www.icar.org.in/)  *https://www.springer.com/journal/13197*  *\*Connect on LinkedIn\*:*  *https://www.linkedin.com/in/sachin-rajbhar-233868189/* |

## Email case study suggestions to: sr4205@dseu.ac.in