

How Can Chemistry Improve Good Health and Well-Being

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Being knowledgeable in different chemistry concepts can help improve life for yourself and the people around you.

FOOD

Food Preparation



Better understanding food preparation is apart of chemistry.

Food and chemistry can include knowledge of cross-contamination, temperatures, and knowing the pros and cons of certain mixture of ingredients.



Food Storage



Knowing the proper way to store food can lead to better health and less sickness.

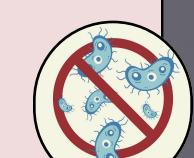
With chemistry a person can learn the things like:

- The result of putting hot food in the refrigerator.

Putting hot food in the fridge can raise the temperature inside the fridge and affect the other foods.

- Why its important to have certain foods and drinks in the fridge after opening.

Leaving certain foods and drinks in the fridge can slow the growth of bacteria.



MEDICAL

Medicine



Chemistry also play a role in keeping us healthy.

Some chemist do research and experiment with different medicines to provide medicine for everyone who needs it.

Some health medicines include:

- Metformin-treats type 2 diabetes.
- Losartan-treats high blood pressure.
- Antibiotics-treats illness caused by bacterial infection.



ENVIRONMENT

Monitor



Environmental chemistry is used to evaluate the soil, water and air.

This is important because monitoring things such as air quality and pollution can decrease human health problems that may arise.



Protect



With Environmental chemistry, we can learn and take actions that can improve ecological and human health.

Some actions include:

- Using greener solvents when manufacturing drugs.
- Switching to electric vehicles or drive less.
- Dispose and recycle properly.

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