

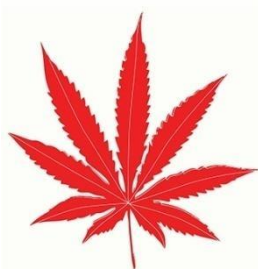


11<sup>th</sup> Pak Pharma Healthcare Expo

## 3rd Pakistan Food -Nutrition International Summit 2022

Wednesday - December 21-22, 2022

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



### Conference Abstract

#### IMPORTANCE OF FOOD SCIENCE AND TECHNOLOGY

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#### Abstract

Today our food system is complex, and application of science and technology in our food system made it possible to produce abundant food. Achievements in Food Science and technology have allowed to produce nutritious, healthy safe, convenient, less costly, and easy accessible food ever before. Cooking, the actual form of food processing launched by 2 million years ago. Later on Drying, preserving with salt, fermenting and other primitive methods is also augmented along with cooking to preserve, store and transport food safely. Domestication of Animal and plants also contribute in surviving the society and improving human condition. Such experience based technology led to modern food processing. Not only harvesting food but also preserving it with sophisticated methods helps people in past to overcome hunger and disease. Today our production-to-consumption food system is complex and includes agriculture production, harvesting, preserving and storing of raw material, transportation, distribution, retailing, and sales services. The integration of different scientific disciplines such as Biology, Chemistry, Physics, Biotechnology, Statistics, also play a role in successful food processing system and solving different problems. Two most large and developing nations of the world were facing the issues of food shortage until green revolution of 1960s and 1970s. After green revolution, the application of advanced technology in the field of agriculture dramatically increases the food production. At the same time discoveries in the field of food preservation ensures the safe distribution of food over long distances and long periods. Processes to ensure the delivery of foods and beverages of the highest quality to the consumer continue to evolve. Quality attributes include taste, aroma, texture, color, and nutrient content. In most cases, these attributes begin to decline as soon as a raw food material or ingredient is harvested or collected. Discovery of vitamins and the realization of the importance of other micronutrients such as iodine, iron, and calcium

**Competing Interests:**

The authors declare no competing interests

Additional information is available at the end of the article.

were the important discoveries of early 20th century. These discoveries are important to reduce the rate of diseases such as Rickets and bowed legs mainly caused by mineral deficiency. This led to the foundation of the Food and Nutrition Board of the Inst. of Medicine of the Natl. Academies and also the development in 1941 of the Recommended Dietary Allowances (RDAs) for essential nutrients. To reap the benefits of advancement in food technology food technologists the world over are making effort to utilize the food produced and provide the food consumer with nourishing, wholesome and safe foods.

**Keywords:** Food, Iron, Calcium

**Declaration**

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