

Food Science Manifest

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Food is the primary and sole source of energy and building block of human body and mind. Free interpretation of many definitions about this term is that food is any kind of nutritive matter that people or animals eat or drink, or that plants absorb, in order to maintain life, growth and reproduction.

Attributes that are associated with food are: essential, proper, necessary, healthy, functional, nutritious, organic, natural, bio, safe, and quality, industrial, traditional and much more, depending on a point of view. This simple term with 4 letters contains many different sciences as: microbiology, chemistry, biochemistry, physiology, agriculture, technology, engineering, economics, politics, etc. So, when we say Food Science, we are talking about almost all known scientific fields. As a matter of fact, food is such a complex matter that in order to be fully understood it has to be revealed scientifically through interdisciplinary approach and should not be compartmentalized in narrow scientific fields.

So far, medicine doctors, food technologists and engineers, nutritionists, etc. who are working in food area, were working on specific issues without realizing that the same topic is/was also the subject of research in other discipline.

This tendency created compartmentalized findings known to small and highly specialized groups of people. Direct result from this is:

1. Rise of so called 'doctors', 'nutritionist', 'dieticians'

These people are publishing (especially on social media) without anything supporting their/other people opinions to a wide audience (read consumers) advising: amazing diets (ex. for losing weight, fat etc.), miraculous drugs of foods which will heal different illnesses, or will help the recovery after medical treatment etc. There are many articles in this regard and my favorite ones are: "Oil that treats all illnesses except death"; or "Lemon and baking soda - Potion that is 10,000 times stronger than chemotherapy"!

2. Rise of the number of companies that are producing 'natural' or 'healthy' food.

There are 2 types of companies regarding this issue: 1. economically motivated (EM) or economically motivated adulteration (EMA) companies, 2. Non-informed companies.

First type of companies performs deliberate misinformation or adulteration of food which is motivated by simple greed and/or political agendas. The main point of these companies is to inflate their profits by fraudulent means, regardless if they harm people's health. EM and EMA companies are using a lack of scientific information, communication between scientists, scientists and the public and interdisciplinary approach.

The main reason for appearance of the second type of companies (when speaking about non-intentional misleading production and advertisements of these foods) is a lack of communication between: food producing companies, medical doctors, nutritionists and engineers (not only food technologists and engineers, but also food equipment engineers - for ex.: creating equipment which is not hygienically designed - that can't be thoroughly cleaned, or constructed from materials which have a tendency to emit substances in low quantities - below allowed limits, but which are accumulating in the human organism and create health problems for years/decades to come).

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3. Clueless consumers and wide open gates for people in point 1 and companies in point 2.

For all of these reasons, the following has to be done:

1. Revealing as much as possible the work of the scientific research regardless the scientific field it comes from (human medicine, nutrition, food technology, engineering etc.) in interdisciplinary scientific journals, congresses, conferences etc.
2. Establishing close connections between food-related scientists and expanding their network.
3. Creating opportunities for collaboration and exchange of ideas not only among researchers, but also among primary food producers, food producing companies, food equipment manufacturers, etc.
4. Close collaboration between scientists by joint work on research projects, studies, exchange programs, etc.
5. Transfer of this interdisciplinary knowledge to wide audiences and the public in a simple, understandable and clear language.

The whole point of Food Science is the human being, or the consumer, and his/her life and health. We have to remember that at the end of the day all of us are consumers! FOOD SCIENTIST - UNITE!

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