Advanced Food Science was a challenging yet interesting course. Rather than learning about food and its many biochemical roles in the body, we learned about the properties of food in relation to their use in food systems. Food science can be defined as the: “Scientific study of raw food materials and the physical, chemical and biological properties during any type of thing that happens to them.”

The food science industry is booming, with innovative and creative products constantly introduced to the market. Food science is an ideal area of study for those who want to develop food products or work in the food industry. The principles learned in food science are also vital for the understanding of cooking and culinary arts.

Food science is also vital for nutrition professionals to be informed on. The public is constantly bombarded with nutrition “facts” and most people are confused on how to properly feed themselves. For example, many people think all preservatives in food are bad. As we learned in this class, preservatives can serve many purposes and are not inherently bad for consumption. Learning about the ingredients used in foods and knowing their purpose is important information to summarize and pass on to clients.

Taking the Experimental Food Science laboratory in conjunction to this course was helpful in solidifying the concepts that were learned in class, and apply how they are used in the food industry. Although this was a difficult science-heavy course, it was an informing and interesting experience.