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The Science Of Good Cooking

The molecular gastronomy revolution of the 2000s was a huge win for chemistry and its relationship with the public – it made our science relatable, accessible and relevant like few other things could, ...

The Flavor Equation: The Science of Great Cooking Explained + More Than 100 Essential Recipes

We are finally getting to grips with why processed foods are unhealthy. What we 're learning has already triggered some governments to act – and suggests how to make healthier “junk food” ...

What really makes junk food bad for us? Here 's what the science says

For a long time, the potential influence of food on happiness and mental wellbeing ... but whether it could provide additional benefits, like exercise, good sleep and other lifestyle behaviours.

Good-mood food: The science of happy eating

The chief scientists of FAO and WHO highlighted the role of science in keeping food safe while stressing the importance of

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technology during a webinar ...

WHO and FAO stress role of science and technology in food safety efforts

Microwavable packets and brimming machines at the cinema make popping corn seem like a simple undertaking, but there are number of factors that turn rock hard kernels into crunchy puffs of buttery ...

Study digs into the science of what makes popcorn pop

Early last year in the Fox Hills neighborhood of Culver City, California, a man named Wilson Truong posted an item on the Nextdoor social media platform—where users can interact with their neighbors— ...

How the Fossil Fuel Industry Convinced Americans to Love Gas Stoves

With its combination of pungent aromas and unique flavor profiles, Indian food is one of the most coveted ... in most Western cuisines. What is the science behind why the flavor profiles of ...

The science of taste and the curry-ous reason behind why Indian food tastes so good

Female scientists have a new worry about being women in the workplace — being judged for parenting captured by Zoom cameras.

Op-Ed: For women in science, 'visibility' isn't always a good thing

Groton — Under the overhang outside the front entrance of Marine Science Magnet High School on Tuesday evening, Elizabeth Clang stepped ...

Marine Science Magnet Class of 2021 spirited in the face of a tumultuous time

The fact of the matter is that understanding the nine planetary boundaries is crucial to formulating an effective sustainability strategy and greater prominence should have been given to explaining ...

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'Breaking Boundaries: The Science of Our Planet' and your approach to sustainability

Professor Jose Luis Vivero-Pol articulates the need for a new kind of food system, one that prioritizes shared resources, collective knowledge and the right to food.

Why The ' Commons ' May Be The Future Of The Food System

For a flatter tummy, evidence supports removing this popular food from your diet as it's been linked to increased belly fat.

One Food to Give Up to Get Rid of Belly Fat, Says Science

"I hope this award will give me a platform to change the way we look at [and] work with food systems — moving the narrative from ' just feeding ' to ' nourishing. ' " ...

Sustainable nutrition: Speaking with Dr. Shakuntala Haraksingh-Thilsted, winner of the 2021 World Food Prize

Packed with a strong food science and business background ... One that is not only good for people but also good for the planet, and should we be able to scale this idea then the difference ...

The Impact of Science to Create a Movement; the Case of Fooditive, Pioneer in Plant-Based Upcycled Ingredients

In formulating responses to my Alzheimer's patients about Aduhelm, I see six recurring themes about why its approval was a mistake.

6 ways the FDA ' s approval of Aduhelm does more harm than good

The continued increase in food insecurity is making it clear that our current food systems are not resilient. How can we reverse these worrisome trends?

To Reverse Food Insecurity Build a Climate Resilient Agricultural Sector

Our 24/7 society seems to be slowly robbing us of our slumber, but at what cost? Sleep expert, professor of neuroscience and author of Why we sleep Dr Matthew Walker explores all the ways sleep can ...

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The new science of sleep: Everything we know about how it affects your health and brain
(LOS ANGELES) - The Terasaki Institute for Biomedical Innovation (TIBI) has been awarded a grant by The Good Food Institute (GFI ... Ph.D., GFI associate director of science and technology.

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