

Cause and Effects Essay

Negative Effects of Science on Food	
Effects	Cause
Too many choices in supermarket can be confusing	- Many foods from lab available at supermarket - Many similar products but with different food label on the food
People confuse which food is healthier	- Scientist always change their information on food - Scientific research is not permanent
People become lazier and unhealthier	- Processed food - Junk food

Science involvement in food is a common thing happened in this modern era. Many scientists create a new food with the help of their scientific knowledge. People has consumed the food that came from the lab for decades regardless of their age. Many positive effects come from the involvement of science in food. However, there are several negative impacts of science in food that affecting us.

Involvement of science on food makes people spend a long time on buying food in supermarket due to excessive choices of food that makes them confuse to buy. As a result of development on food, many foods produced from the lab are available at the supermarket. Most of the products are similar but they have a slightly different in terms of their nutritional information. Plus, some of the similar products have '*doctor's recommended*' label on the packaging that makes customer confuse to choose the suitable food to fit their need.

Science makes us more confuse in choosing which food is better for our health. This is because scientist always change their mind on information of a food. In time, scientists conduct continuous researches to uncover the benefits of a food. As time goes by, scientist may find out that the food that they researched has a new bad effect to us or vice versa. Therefore, they always tend to change the information of the nutritional of the food. This makes a fact from scientific research is not permanent as it can be changed from time to time.

Science also makes people lazier and unhealthier. Exposure of processed food among the society lighten the burden for us as we can make the food in a short period of time and can be easily served. However, this makes people lazy to cook a real food. Nowadays, some of the adults don't know how to cook a real food because they eat processed food very often. Excessive exposure on junk food and fast food may affect their health condition. This makes people easy to get harmful disease such obesity and gout.

There are many negative effects of science on food towards society. People are encouraged to eat real food such as fruits, vegetables, and pure meat as these foods doesn't leave bad effects on our body if consumed. If science fully takes place on creating food product in the future, society will become more unwell, and the children may not recognized the real food.