

## **The Food of Future!**

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*Any substance, usually composed of carbohydrates, fats, proteins and water that can be eaten or drunk by an animal, including humans, for nutrition or pleasure we call FOOD. The food of future is genetically modified food which contains an added gene sequence and products produced by GM organisms. Food of Future implies in it GM Food.*

The experiments on humans exist in our life. Without knowing it, people all around the world eat genetically modified food every day because GM foods were first put on the market in the early 1990s. GM foods are foods derived from genetically modified organisms. Genetically modified organisms have had specific changes introduced into their DNA by genetic engineering. These techniques are much more precise than mutagenesis (mutation breeding) where an organism is exposed to radiation or chemicals to create a non-specific but stable change [1].

The first commercially grown genetically modified whole food crop was a tomato, called Flavr Savr, which was modified to ripen without softening, by a Californian company Cal gene. Food that will be in the supermarkets and restaurants in the future will not have visual differences from that of today. However, it will be manufactured, processed and cooked in a different way. The future is near: “functional foods” – foods and drinks with added vitamins, minerals and fatty acids omega-3 – will look tastier. However, the main surprises – products developed in molecular studies, genetic discoveries and space research - are still to come.

GM foods have their advantages e.g. they are more resistant to unfavourable conditions, they produce higher yields and use lesser water. Disadvantages are present as follows: they are harmful to environment and to humans, they have unknown

effects on human health. The harvest is lethal to the liver, heart and kidney [2].

Genetically-modified foods have the potential to solve many of the world's hunger and malnutrition problems, and to help protect and preserve the environment by increasing yield and reducing reliance upon chemical pesticides and herbicides. Yet there are many challenges ahead for governments, especially in the areas of safety testing, regulation, international policy and food labeling. Many people feel that genetic engineering is the inevitable wave of the future and that we cannot afford to ignore a technology that has such enormous potential benefits. However, we must proceed with caution to avoid causing unintended harm to human health and the environment as a result of our enthusiasm for this powerful technology.

### **Bibliography:**

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