Food Trends



We live at a time when we've come to expect novelty in our daily lives. This goes for the world of food, too, resulting in food trends from the exotic to the down-to-earth, from 100% natural to high-tech, from the brilliant to the questionable. Let's look at what to expect this year in the world of food.

An idea that has been growing in popularity over the past decade is farm-to-table dining. Instead of purchasing food from large corporations, restaurants are involved in the entire process of putting food on your plate. In other words, restaurants grow their own food or source in-season produce from small local growers, guaranteeing the freshest food. What's more, farm-to-table is sustainable as it eliminates each other. Some restaurants are experimenting with a return to the past by seating customers communally, that is, sharing tables. This is already a fairly common practice in Japan and Germany. Not only does this permit restaurants to fully use the available space, but it also allows for interesting opportunities for interaction between strangers. Yet another trend that may seem strange to others is tactile food. We have always wanted our food to taste delicious and for a long time have liked our food to be beautiful, but does it also feel and sound good? The movement for tactile food aims to involve all the senses. What's more, tactile food is also seen to have therapeutic applications for children who are picky eaters.

Finally, a food trend that has been picking up speed recently is the raw water trend. Raw water is water that is untreated, unfiltered, and unsterilized. Proponents of the trend say that the water not only tastes better and is more

ready to give up your French fries? Many are turning to hot air fryers. The device creates a crunchy outer layer without using oil. As a result, you can have the fried foods you love without the calories or the cholesterol. The next big technological advance may be printed food. That's right, the technology to print food using

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the need for long distance transportation. Another environmentally friendly trend is the creative use of food that would typically be lost or wasted to create viable gourmet dishes. This could include using "trash fish" or traditionally unpopular fish which fisherman discard, or re-purposing stale popcorn to make popcorn ice cream.

The world of technology will change the food of the future, but it's already hitting home today. Concerned about your weight, but not a 3D printer with edible paste as "ink" already exists. Why would you want to print food? First and foremost, convenience. You get home at the end of long day and, instead of spending an hour making dinner, you push a button and presto! Secondly, the possibility of customization at the touch of a finger will make special orders a snap. In fact, pizza, crackers, and baked goods have already been successfully printed.

Closer to the present, other food trends are re-defining our relationship to food and to refreshing, but it also provides important minerals and bacteria without chemicals like chlorine and fluoride. However, the jury is still out on raw water. Some critics worry that untreated water could carry harmful bacteria, viruses, parasites, and carcinogens. They also contend that fluoride is essential to good dental health.

In summary, the future holds many intriguing possibilities for the gourmand and the common consumer alike. Only time will tell which trends are here to stay.

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Glossary

a **trend** noun [C]: a general direction in which something is developing or changing

b _____ adjective: making a sharp noise when bitten or crushed

c _____ phrase: a decision has not yet been reached on a controversial subject

d _____ adjective: of or connected with the sense of touch

e _____ noun [U]: things that have been produced or grown, especially by farming

f _____ adjective: uncooked or unprocessed

g _____ adjective: capable of working successfully

h _____ adjective: no longer fresh and good to eat; hard or dry

i _____ noun [C]: an easy task

j _____ adjective: liking only a few things; difficult to please

k _____ verb [T]: get rid of something that is no longer useful or desirable

l _____ noun [C]: the quality of being new, original, or unusual

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