

A close-up portrait of a smiling man with dark hair, wearing a dark blue collared shirt. He is holding a clear glass bowl filled with small, dark, dried insects, likely crickets or mealworms, in front of his chest. The background is blurred, showing what appears to be a kitchen or food preparation area.

HOW YOUR **FOOD** WORKS

A FUN & FASCINATING TWO-PART SERIES THAT TAKES
A CLOSER LOOK AT THE FOODS WE ALL LOVE

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THE SCIENCE HIDDEN INSIDE THE FOODS WE LOVE CAN HELP US COOK BETTER AND EAT HEALTHIER

HD 2 x 60'

Australian Broadcasting Corporation | Catalyst

With a team including a chef, chemist and dietician, **this fun and fascinating 2-part series take a closer look at the foods we all love**, with some surprising results. Exploring the **latest scientific research** behind how they are grown, processed or cooked, the series illustrates that **understanding how food works can help us eat healthier (and tastier!)**.

The first episode profiles a variety of one of the world's most popular fruits, **the banana**, currently under threat of extinction from a fungal disease. **Visiting the scientists cultivating new varieties of disease resistant bananas**, it appears that **the perfect combination of flavour and texture is within their sights**. The traditional craft of fruit preservation is supersized in the **production of canned baked beans** – and the team uncovers **whether or not the process can actually increase the nutritional value** of some canned goods. Physics and biology come into play in **the science behind cooking the perfect medium-rare steak**. A world of cascading chemical reactions is unveiled in **a revolutionary new experiment that looks at how to get the flavour and texture of your steak just right**. In the second episode, **cutting-edge science helps us to freeze fish so that they taste almost as good as when fresh**. To see how far technology has come, a panel of sashimi lovers are subjected to the ultimate taste test: to see if they can taste the difference between fresh and cryogenically frozen kingfish. **The scoop on why humans are hard-wired to desire junk food could be answered by the gelato-making process and a simple, mathematical formula**. A specific ratio of carbohydrates, fats and salt can **deliver the 'bliss point', targeting our brains' reward system**, and releasing the endorphins that makes us feel good. In stunning vineyards, **sparkling wine is put under the microscope in the hope that every year will deliver a good vintage**, and the **chemistry of different hot and spicy foods provides some startling insights**. Finally, a better understanding of some **unusual crops could see them become the supermarket produce of the future**.

As the team discovers that **by understanding how our food works** – down to a cellular or even molecular level, **we're empowered to find better ways to improve flavour, eat healthier and make better decisions about what we eat**. This entertaining, eye-opening series will ensure you look at your favourite foods in a whole, new light.

