

What does science education mean to you?

We live in a time where I believe that science education has never really been more important. We live in a time where mistruths and dogma can really be propagated in a way that's never happened before. So anyone with access to a smartphone or an internet connection can feel that they're educating themselves and learning about the world through a quick search on a search engine. But so much of what they find that can look really genuine and can look really legit, in many ways, is entire a fabrication.

And it's times like this where science broadcasting and science education is fundamental. Being able to give people the, the intellectual tools to be able to tell and sift the difference between fact and fiction. And I think in nutritional science and food science, if you look at the blogs out there, there are so many areas where people will be using, you know, terminology that might sound scientific to back up ideas that are entirely mysticism.

That are entirely kind of romantic fluffy ideas. That have very little basis in evidence. Um, and it's such a privilege to be able to be part of a movement that's really opening people's eyes to what is actually accurate.

And I think that when it comes to mistruths and how often you see this, this is nowhere more true than in the area of food science. You know, in other areas, if people are happy to read and believe things that are not supported by science, it's kind of inconsequential to their life. But food is the fuel that drives you. It's what your body is made out of. And understanding the difference between fact and fiction when it comes to something that's so essential to your health, is absolutely essential.