Nutrition 405, Food Science and Technology, was an interesting class. I found this class one of the most challenging just because I’m not as interested in Food Science and all the statistical tests we had to run for our projects. I felt like some of the things we learned in class were topics we had covered in other classes just more in depth and had to do with more of the testing and research behind it.

Some of the machines we had to use in the class for our projects didn’t work properly or were very difficult to use which made it a little frustrating in the lab sometimes.

The project I enjoyed doing the most was the last project where we were able to create our own food product. It allowed my group to be creative and we worked really well together. In the beginning we struggled on choosing exactly what we wanted to make because we didn’t want to make a bar, muffins, or smoothie which is what most people end up doing. We ended up creating our own Superfood Soup, which actually turned out really good!

I ended up really liking the class but I don’t think I’ll ever want to have a career in food science.