

SCIENCE . TECHNOLOGY

FOOD SUBSTITUTES: THE BETTER ALTERNATIVE?

52' (ENG, GER)

Food - one of the most basic human needs. But food intake has long since ceased to serve only a full stomach.

Food must always have added value. It has to be healthy, good for the environment and, last but not least, it has to serve our own social image. But which food can meet all these requirements today and which food products have perhaps had their day? More and more basic foodstuffs are being replaced by alternatives: Burger patties made from soy or pea protein instead of ground beef, coffee made from lupines instead of coffee beans, fish from a 3D printer, and cheese made from vegan alternatives such as almond milk and cashew nuts. But are these alternatives really better for us, health-wise or better for our environment? And what does this change mean for our society?

Original Title: Frei von - Sind Ersatzlebensmittel die bessere Alternative?

Year: 2023

Produced by: Autentic

Partners: BR, arte, ORF

