

TRADITIONAL AND MODERN FOODS

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ABSTRACT – Traditional and modern foods

The lecture aims to present the “family tree” which shows the “phylogeny” of foods and which demonstrates that the process of product development in food industry shows a certain, largely predictable regularity.

Traditional foods

These were prepared exclusively from natural raw materials, in the beginning with the oldest preservation methods. The essence of the “processing technology” was the use of some natural preservation method. The aim was to provide sufficient food and non-seasonal supply. These aims were achieved with high calorie content and with the use of preservation methods.

Their current availability is given in national lists [e.g. Traditions – Tastes – Regions program (Hungarian abbreviation: HÍR)]. Their consumption is still regular in certain populations otherwise it is occasional or even exceptional.

Produced foods

The raw materials are the same but the development of science results in the use of up-to-date conservation methods, e.g. heat treatment. Canning is started, initiated by Appert. This is the beginning of the industrial revolution (steam power!) and machine engineering in food industry is also started. The primary mechanization of production processes in Hungarian food industry was realized between the 1830s and 1890s. Certain industries became like manufacturing industry in character.

Convenience foods (a special group of produced food)

The *first* convenience products were meant to facilitate women’s housework (for instance, production of condensed tomato, pasta, tinned vegetables, soup concentrates and soup powders) and to replace household work (e.g. jams, bottled fruits). These are the so called ready to cook products.

The *second* generation of convenience products is constituted by products which facilitate not only preparation (that is the kitchen phase) but also consumption. These are the so called ready to eat products.

Third generation convenience products are fast to prepare and convenient to consume, yet healthy too. Functional foods all belong to this category. New packaging materials, new ways of packaging also has been appeared.

Special functional foods

(for example, weight control and beauty food products, medical foods)

Properties: new or traditional raw materials, partly new technology: essentially it is fortification.

New foods aimed at personalized nutrition

Nanotechnology, microencapsulation.

Condition: genomics.

The lecture points out the joint occurrence of foods in the present supply, corresponding to the phases of development listed here, and outlines the different possibilities of innovation.