

# Chemists Charged to Ensure Healthy Generations

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*How Chemists can help contribute to ensuring a healthy life-style of current and future generations was the crux of discussion on Tuesday, September 4, 2018, at the Town and Gown Seminar of the Department of Chemistry, Covenant University, Ota.*

Participants at the seminar agreed that Chemists had roles to play to provide healthy alternatives to foods fortified with chemical preservatives, additives, flavourings, laboratory generated fats, as well as fortified vitamins and minerals.

The Guest Speaker, Mrs. Adetoun Okoli, a Food and Nutrition Health Ambassador, spoke on "The Role of a Chemist in Ensuring a Healthy Generation." She noted that diseases affecting young and older generations today were mostly from the water and food consumed as well as the individual's general life-style.

"You are what you eat. Whenever you eat or drink, you either eat to feed a disease or fight a disease. How you prepare your food can affect how you look, feel and how long you live," she said.

Okoli charged chemists to start providing healthy alternatives since this generation, according to the World Health Organisation (WHO), has been termed 'the most overfed but undernourished generation that ever lived,' because of poor nutritional diet.

"We must remember that the human body is biochemical in nature, thus must be fed with foods that are compatible with its natural mechanism and not otherwise. As Chemists, providing healthier options may seem daunting, even challenging; however, if we begin to work in that direction, we will help move positively towards a healthy generation now and in the future," she advised.

The Head of the Department, Professor Olayinka Ajani, had earlier in his welcome remarks noted that the essence of the Town and Gown was for the students to understand how to translate theories to tangible products. It also created an avenue for effective collaboration between the University and the industry in order to proffer solutions to human challenges.



Mrs. Adetoun Okoli, a Food and Nutrition Health Ambassador, speaking at the Department of Chemistry's Town and Gown programme

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