COULD SCIENCE IMPROVE THE NUTRITION OF MILLIONS?

Video transcript: Introduction with Michael Mosley

MICHAEL MOSLEY:

Today, there are over 7 billion people in the world and millions are chronically malnourished, but this doesn't mean they're all starving.

120 million don't have enough vitamin A, many of those will go blind.

An astonishing billion, maybe 2 billion people around the globe are iron deficient, which means that they feel tired and listless a lot of the time.

If you don't get enough vitamin C in your diet, you get scurvy.

If you don't have enough calcium or vitamin D, then you develop rickets.

The fact is without any number of essential nutrients in our diet, our bodies will fail. So it's crucial that scientists look for ways to improve the food we eat to prevent these chronic, potentially fatal consequences.

The people who are worst affected are children, a third of all deaths of children under the age of 5 are the result of poor nutrition.

Malnourishment is clearly a huge global challenge, so could we tackle this by developing new types of food in research centres like this, or somewhere completely unexpected.

Banner image courtesy of Sarah Usher, Rothamsted Research.

Step 5 image of insects and image of lab grown meat courtesy of Getty Images.

Step 6 image of lab grown meat courtesy of Getty Images.