

# Analyzing the consequence of sociological and geography on Canadian food preferences.

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## Abstract

**Individual determinants, economic environment, social environment, and physical environment are the four categories of a framework representing the determinants of healthy eating. This paradigm enabled Canadians to address food insecurity and the social-economic ecology. Analysing the role of biotechnology in increasing food security and discuss the considerable influence biotechnology has had on agriculture and the food market. This has led to identify a research gap as there is a significant need to address the development and implementation of policies in the food and nutrition environment.**

**Keywords:** Eating behaviour, Economic environment, Biotechnology.

## Introduction

Individual eating behaviour is a highly personal and complex process involving the interaction of various elements that effect one's health and nutrition. These elements can include the individual's attitudes and beliefs, their close social surroundings (such as family and friends), their physical environment (such as home and workplace), and the regulations that govern the society in which they reside (just to name a few). A personal ecological framework is useful for conducting research, intervention, and policies concerning food habits and social economic activities, including an emphasis on the relationship between people and their settings. A framework for determining appropriate dining habits for an individual can be separated into four basic groups [1]. These are some examples: Personal influencing variables the economic, social landscape, and ecological environment in which the individual lives. Personal factors are traits and behavioural elements that influence an individual's food choice (physiological state, dietary preferences, nutritional knowledge, healthy eating perceptions, and psychological considerations). The economic ecosystem, which encompasses food prices, food security, income, and employment, is classified in the second group. The third group, the social environment, consists of people with whom an individual has everyday interactions, such as culture, family, acquaintances, friends, and social media.

## Daily dietary security issue

Food security, as defined by the United Nations Food and Agriculture Organization (FAO), is "a situation in which safe, nutritious, and sufficient food is available and easily accessible to all members of a given population, allowing them to meet their required nutritional needs in order to live an active

and healthy life without losing their dignity" in a way that preserves human dignity in our society [2]. A family's food habits are greatly influenced by the overall cash earned at the end of the month. Individuals with low wages are more prone to have poor feeding habits and food security. Several issues have been identified as the root causes of hunger and food insecurity in Canada, including job loss, high unemployment, homelessness, drug usage, high medical service costs, and inaccessible or overpriced food in one's surroundings. The poor, new immigrants, underemployed, homeless, and older persons are the groups most vulnerable to food insecurity. These groupings are not mutually exclusive, as a well-educated individual or family can also face food insecurity. It is critical to recognise that education has little or no influence on mitigating the effects of food insecurity [3].

## The prices of food in Canada

Another, crucial factor affecting food insecurity in Canada and globally is the expense of food especially in low income households which leads to excessive calorie consumption which can be an obesogenic factor leading to insufficient foods due to "food deserts. However, Canada can boast of having one of the cheapest food markets among developed countries, as revealed in 2008 reports, which stated that Canadians spend only one-tenth of their salaries on food [4]. By 2016, this figure has climbed to more than 14%, and it is expected to rise even faster in the coming years. Report shows that there has been an increase in the poor feeding habits of these categories of people because they barely have time to prepare meals at home but rather depend on restaurants daily for their meals. Other factors contributing to the poor feeding habit among the affluent one may include cheap food, double-income work schedules, and the increase in the number of

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restaurants and prepared food outlets Based on the Canada Food Guide, literature reports have shown that many low-income households are able to easily afford healthy foods. Fast foods and junk foods are quite affordable than organic foods such as milk, meat, grains and veggies. There may be huge problem for public policies if it confirmed that it is easier and cheaper to buy unhealthy foods than to buy healthy ones [5]. Pricing greatly affects the choice and consumption of healthy foods (including fresh fruits and vegetable and those foods having good quality proteins from dairy and animal sources), therefore understanding the impact of social economic factors is already a first step toward determine the effectiveness of a community-based, food pricing policies that can improve feeding habits of Canadians.

## Conclusion

The cultural diversity of the country has contributed to a variety of food options, as different regions and communities have their unique culinary traditions. The availability of certain foods also varies by geographic location, with proximity to agriculture and transportation routes affecting food supply and cost. Additionally, socio-economic factors such as income, education, and occupation can influence dietary choices, with higher-income households more likely to afford a diverse range of foods. Understanding the consequences of sociological and geographic factors on Canadian food preferences can have important implications for public health policies and food industry practices. By recognizing the diverse food preferences of different communities, policymakers and

industry professionals can work to create more inclusive and accessible food options. Additionally, addressing food insecurity in underserved communities can help ensure that all Canadians have access to healthy and culturally appropriate foods. Overall, a deeper understanding of the sociological and geographic factors that shape Canadian food preferences can help promote a more equitable and sustainable food system.

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