  Since industrial age, with an improvement in production efficiency and a breakthrough in food proccessing technology, we can get in touch with more and more packaged food in our daily life. Actually speaking, those packaged food has become one essential part of our diet everyday.Besides that, Different from past, the food preservation technology is becoming more and more advanced so that we are able to eat more various kinds of fresh food produced elsewhere. However, in order to prevent deterioration in the long transportation, those sellers generally add some preservative into products. This behavior reduce food transparency to buyers and those food are potentially harmful to consumers' health due to antiseptic.However, most of us still care more about the taste of those packaged products rather than food transparency or health.

    If there was a great improvement in transparency within our food system, then many of us might become more clear about the potential food additives in packaged food and then prefer those food produced in natural farm. Fast food like hamburgers are currently enjoying highest popularity among most USA citizens for its cheap price and convenience. However, as everyone get to know the gas/carbon emitted by feeding beef and carcinogen hidden inside fried food, most of us will choose to give up original fast food-dominated lifestyle and choose to eat more green vegetables/fruits as they are more more healthy.In turn, opening food transparency to public can impel producers/companies to supply safer food to market.

   Individually speaking, I will eat less fast food and buy less packaged food in supermarket. I will also tell my classmates/friends more about the benefits of eating more green food. In Arizona, I will choose to buy those fresh meat rather than salty meat as they have been added a lot of additives. As far as I am concerned,what I am trying to do in the future can let more people learn about the negative influence hidden in packaged products as well as contributing to a healthy lifestyle.