

The Food Foundation by Anna Taylor

Graduated in Geography and Anthropology by Durham University (UK) and master in human nutrition, Anna Taylor came last Friday to talk to us about her career and professional life. Nowadays, she's the executive director of the company The Food Foundation based in the UK.

Before reaching this position, she has been working and helping in some worldwide organisations such as Save The Children. She has been volunteering in Bangladesh, North Korea or Congo helping the native people and local governments to improve their food foundation

After 5 years of working overseas with lots of long travels she decided to based her life in London (UK) where she became the head of The Food Foundation. For her, as she said, it was a dramatic change in her life. Now she had to translate scientific language into political argot.

The challenge that she and her team is facing is the UK children nutrition. One of the most important problems in nutrition nowadays is children obesity, that is a global issue that is causing many cases of diabetes type II between children. To modify this situation, this organisation is trying to make politicians and the media understand that it isn't a good thing that healthy calories are three times more expensive than unhealthy ones and make them change that situation. They want to finish with the topic that relates good nutrition with high-middle class.

One example of their job is a new law that the UK government has approved recently creating a tax over soft drinks like Coca Cola or Nestea. In those cases, each can is going to be more expensive and in that way they want to keep children and adults away from drinking too many sugared drinks.