

A Perspective of Food Ethics

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Abstract—*This research paper aims to explain the historical background of food ethics. It also explains that how food and ethics are related to one another? Why we need the concept of food ethics? What are the issues of food ethics?*

Introduction

Food ethics is regarded as an emerging academic discipline and is also related to applied ethics. Applied ethics talks about practicality aspect. Food is essential for everyone. It should be ethical because it affects our health. We as a human being should be aware of what to eat and how to eat? The French philosopher Micheal Foucault in his book *The History of Sexuality* explains Hippocrates views of food as both natural and cultivated habit of a human being. He stated that food in the beginning was like that of the animals but slowly- slowly in due course of time human being started concentrating on their food habits. If food in diet is correct then everyone's health will be perfect. Diet should be conceptualised by each individual are laid. The right nourishment provided to the body is an ethical concern of a human being. The conduct of life and human existence is fully dependent upon the intake of food that needs to be ethical.

It has been said that right diet is connected with right conduct of life. According to Foucault, dietetics refers to healthy body and soul. It is also regarded as a technology of analysing the self. Food always has a physiological impact on the body. Some kind of food results in tiredness, excitement, dizziness and etc. We have to be careful in eating food that is healthy and nutritional. Food that does not affects our body and mind. If food is not correct then problems like anxiety, depression etc. can arouse. These problems affect human behaviour and health. It is ethical to prepare diet plan for oneself. We should know that what food is beneficial for our health and what food we should avoid.

Dietary rules for oneself needs to be prepared. These rules are dependent on our self-controlling power. These rules will help us to achieve good life. Food is not given to everyone as its production is costly. The problem of starvation can be solved by It is said that ethical dimension of food examines food production also. According to Christianity, food is not related to cultural identity whereas according to Hinduism, only vegetarians food is preferred. According to Islam, non-

vegetarians food is preferred. It has been said that food is regarded as the first thing on which morals

the production of agriculture. As a human being it is our first obligation to assure that nobody is starving and food should be distributed fairly among everyone.

History of Food Ethics

The *Food Ethics Council* was founded in the United Kingdom in 1998; the *European Society for Agricultural and Food Ethics* was established in 1999 and the *Dutch Platform for Agricultural and Food Ethics* was set up in 2000. It has been stated that food ethics deals with moral and ethical questions that are related to food. It basically deals with the development of food production practices. It deals with the health concerns of the consumers, food security and the autonomy of the consumers. The main aim of food ethics is to discuss and formulate good vision of food production. Food ethics is related to the concept of caring also. It has been said that my good life includes the thinking of good life of others also. Fair distribution of food is an important ethical issue.

Fair distribution of food is dependent upon food production practices and these practices include farming of food processing. When food is distributed to the consumers, it is safe or not. Quality of food is same as it was before when processing of food started. Food is affordable for everyone or not. Food is regarded as vital to human survival. Food production is taken as an organic process. If we want sustainable food supply, then there is a need of ecological and environmental stability. The recycling of essential nutrients is required. In pre-modern times, food ethics focussed only on the consumption of food whereas in modern times, food ethics is related to food production. The issue of labelling is also important in food ethics. It has been asked that whether people have free choice of eating? Does production of food is fair to everyone? Are we eating organic food? Industrialised farming methods involve chemical pesticides and artificial fertilisers that affect birds, insects, soil and natural environment. These days human beings are facing many health issues like obesity, diabetics etc.. These health issues are related to the

consumption of processed foods. We have to ponder on the point that how we can control these issues.

Conclusion

We as an individual should be aware about the quality of food. Whatever food we are taking should not affect our health and body. Be vigilant about food production and distribution. To stay fit and healthy, we should follow dietary rules.

References

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