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# food to *change* the world



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## For Food's Sake! S4: Food To Change The World

The world needs saving. We have the climate crisis. A raging pandemic, a mental health epidemic. Divided societies. Chef Ming Tan discovers food hacks, surprising diets, inventions, and solutions... and examines if they really have the potential to change the world for the better. He reveals and demystifies some of the trendy concepts such as healing grief and depression through diet and how food help to manage chronic diseases.

**Host:** Chef Ming Tan

世界需要拯救。我们有气候危机。一场肆虐的流行性病毒，心理精神流行性病毒。分裂的社会。主厨Ming Tan发现了食物技巧、令人意想不到的饮食、发明和解决方案.....并检查他们是否真的有潜力改变世界变得更好。他揭示并揭开了一些时髦概念的神秘面纱，例如通过饮食治愈悲伤和抑郁，以及食物如何帮助管理慢性疾病。

**主持人:** Chef Ming Tan

Language: English

Episodes: 4 x 60 minutes  
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### For sales enquiries on content distribution:

Grace Chia [gracechia@mediacorp.com.sg](mailto:gracechia@mediacorp.com.sg)  
Pamela Teo [pamellateoww@mediacorp.com.sg](mailto:pamellateoww@mediacorp.com.sg)  
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#### **Episode 1: Food For The Brain**

What do rodent brains, zebra fish and humans have in common? Quite a lot, chef Ming Tan discovers in his search for food to save our sanity. He reveals how food can help with grief, fight depression, stress and anxiety and finds the definite answer to the question “can food make me smarter?”

#### **Episode 2: Food To Cure**

What if we could find the answers to chronic diseases... in our poo... or in a pair of high-tech chopsticks? What if eating such common dishes as chicken rice in a different way could make us healthier? Chef Ming Tan puts the adage “food is medicine” to the test and uncovers how we can hack our diets and eating habits in order to fight and manage chronic diseases.

#### **Episode 3: Food To Save The Planet**

Today, consumers don't just want food that's good for them; they also want food that's good for the planet. But what really does make a difference? Is it the way we farm it, manufacture or consume it? From egg-less eggs to farming from space, Chef Ming Tan investigates the ingenious ways we can use food to save the planet – and us all.

#### **Episode 4: Food To Connect Us All**

Food is used in every society to communicate messages of group solidarity and kinship. Chef Ming brushes up on his rusty Thai and puts his culinary skills to the test in order to find out how food plays a crucial role in strengthening ties not just within communities, but also between nations and cultures.