

3 Trends Happening Related To

SMART COOKING

1 SMART KITCHEN

According to a survey in 2014, 58 % people use a tablet or smartphone “all the time” in the kitchen or use this technology on a semi-frequent basis. Design and technology worlds have been innovating new IoT-based devices in kitchen.

2 FOOD DATA AS HEALTH DATA

This past February, Kaiser Permanente Chairman envisioned a better healthcare system with a core in information technology. Indeed, the concept of applying the IoT concept to the medical field is becoming increasingly popular in our daily life. As one of the most important aspect of our daily life, food includes information that our doctors can use to improve our health so its data becomes imperative to our health data.



3 QUANTIFIED SELF

As the concept of Quantified Self, which means individuals engaged in the self-tracking of any kind of biological, physical, behavioral, or environmental information, becomes more popular nowadays, pursuing a healthy lifestyle by getting access to accurate calories and nutrition information also becomes a trend.

START COOKING SMARTER

Enjoy eating!