Vikram’s English Academy (ICSE)

**FAST FOOD MANIA**

**-Hiral Sheth (PPS)**

Has the new generation forgotten home cooked meal? Has it forgotten the importance of balanced diet? It seems they have actually brainwashed their minds. It can be proved as we can see children munching on a Mac Donald cheesy burger with a bottle of carbon dioxide beside.

Long time ago suppertime was special and food was prepared by people who really cared about what they served but today the meal .people cooked is cooked by stranger who don’t care for our health unless they receive a paycheck. Today’s fast paced generation doesn’t understand the importance of simple food and the food that we consume is the tip of iceberg. Fast food mainly consists of high fat, cholesterol, butter which is unfit for a healthy body to live long. The substances do not satisfy for the energy needed for working of our organs, fast food is good for our tongue but bad for our body. It is another name for tasty, convenient and saturated fat containing products. It costs cheap but it is our body who has to pay heavy toll. It causes obesity in children and diabetes among the grown-ups. It is not possible for us to stop eating fast food but the frequency should not be more that we get addicted to it .eating fast food once in blue moon can be taken for granted.

To live a healthy life or not is one’s choice at the end, and through there are new ways to improve one’s heath the role of a balanced diet cannot be underplayed. So eat healthy and live healthy.