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The Food and Health Organisation(FHO) had organised a conference at it's headquarters at Aroma Island. Important delegates from all over the world had gathered to attend this conference. Sparkling Eyes, Droopy Eyes, Sleek bones, Weak Bones, Muscular Arms, Firm Legs, Flat Stomachs with six- packs, Protruding Tummies, Large and Small Intestines, Powerful lungs, Active Pancreas, Weak hearts and Sturdy Hearts, Long Limbs and Strong Limbs all were present. After all, the election for the most coveted post of President was to be held. The candidates for the post were Healthy and Tasty.

Healthy started his campaign by speaking about the importance of a balanced diet and healthy eating habits. He added that unhealthy eating habits would result in lifestyle related disorders and problems like obesity, diabetes, lethargy and poor concentration levels. The audience was impressed and one could hear the Protruding Tummies, Weak Hearts and Limbs shifting uneasily in their seats.

Tasty, then addressed the gathering and merely asked them to choose between melting cheese on a thin crusty pizza, french fries, a tall glass of coke, ice-cream with chocolate brownie or a balanced meal of dal and boring veggies. There was a thunderous applause. Tasty was pleased as punch and was sure she had won the hearts of the audience and had set the Taste Buds tingling and Mouths watering!

After much thought, the members cast their votes and finally the results were announced. Healthy had won the contest by just one vote and the surprising part was that the deciding vote had been cast by Tasty in Healthy's favour. The audience was stunned. Tasty, then addressed the gathering and said that she had decided to be true to herself and felt that Healthy was the deserving candidate because if Health was lost then all would be lost.

Healthy food could be made tasty with a little innovation but tasty food was more often than not , unhealthy. The need of our times is healthy food, a healthy mind and a healthy body. Everyone cheered and Healthy became the President of the FHO.