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Adam, the first human being under the sun, was forbidden to eat the apple but he could not resist the temptation. As a result, he was expelled from the garden of Eden. This craving for tasty food is eternal. Even in the present days we all queue up at the cake shops, roll corners, restaurants to satisfy our tastebuds.

To be honest, on hearing the topic my first reaction was "oh! no, not again," because it was almost an echo of what I am told everyday at home about eating vegetables, fruits. It is really very difficult to ignore the attraction of tasty food.

Tasty food means the food which satisfies our palate and our mind though it may not always satisfy our body. Healthy food means food that is rich in essential nutrients and promotes good health.

Tasty food is made tasty by adding oil, sugar, spices, excess of all are bad for our health. This excess fat and sugar makes us obese. It is an amazing fact that one burger gives us 350 kcal, one samosa gives us 150 kcal compared to one chapatti giving 35 kcal or 100ml milk gives only 70 kcal. And these calories are mostly empty calories because they lack vitamins and other essential nutrients. Moreover most of the tasty food are usually fried and during the process of frying, most of the vitamins are lost. So regular intake of this food leads to many diseases.

Carbonated drinks and canned juices contain preservatives and other harmful substances which make us irritable, hamper sleep and damage our teeth badly.

Healthy food does not mean tasteless food. A bowl of salad with a dash of lime and salt with cheese spread on top tastes really well. A snack with a handful of walnuts is quite tasty. A moment of thirst can be quenched by a nice milk drink instead of a carbonated soft drink.

And the list is endless.

In this era of global marketing and advertising gimmicks a war should be declared to discard unhealthy food. We, the children of today must win this battle, else we'll have to face grave consequences, as Adam did.