Sakshi Bhatia, 11 years
Lady Andal School

Food! Food! Food! There is such a fuss being made  about food these days and the effects of the same on our lives.

So long, for me, food was just something I stuffed into my mouth to keep myself going.

It did not matter to me what went in, as long as it was edible and filling.
But now i keep hearing the word "Healthy" and  "Tasty" being tossed around and i wonder what the hype is all about.

Think tasty food and the image that my mind conjures up is yummy pasta, cheese Pizza minus the heap of vegetables. Chocolates, ice creams, sandwiches Wow! I am hungry all over again just thinking of all that yummy food, loaded with cheese and fat.

On the other hand with all the hype doing the rounds about healthy food and the image of my mom clucking disgustingly at the kind of food I eat these days, I'd say that may be I too have got to think about altering my food habits.

I  voiced out my annoyance about all this healthy food talk which gas made my life so miserable, to have my mom start off  all the advantages of healthy food sprouts, daals, cereals, vegetables only yuck! I hate to even think of it all,High Blood Pressure, Cholesterol, Diabetes, Renal Failure all the damned.

Can't healthy food be tasty as well was my next logical question. I guess I opened my month a bit too fast because from the next day here were culinary experiments in the kitchen led by my mom. Now we had wheat based pizzas with vegetables with just a hint of cheese (not bad in taste although I'd hate to admit it), rotis, daals,salads,curds and hey! Guess what I even got to eat my favourite pasta (so what if it was wheat based now).Not bad, I thought to myself. I was actually enjoying this healthy food.

 Suddenly life didn't seem so bad. I felt healthier, lighter somehow and just the thought of my body not being stuffed with just tasty food made me feel a lot better.

To conclude I'd say why not go for healthy food because it can be tasty too.