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Everybody loves to eat food. Whether be it animals or humans, every living being eats food to survive. Some foodstuffs have a special place in our heart while some have the "No Mummy!!!" list. All of us hate some or the other food, like some love salads when some people push it down the sink, some like chicken but some shudder at the thought of it. It is a fact that we all have different tastebuds. We all like Chicken Maharaja Mc's and Pizza Hut double cheese pizza. Junk food has become an eminent part of our lives. But what is more important? Tickling our tastebuds or loving our bodies????

Eating healthy food is very beneficial to us. Our body gets the required amount of nutrition which is the key to stay healthy and fit. It also prevents us from feeling lethargic and lazy, therefore keeping our brain fresh in school so that we can concentrate and remember our lessons better. We don't even need to exercise if we eat healthy food because there will be lesser fat deposit in our body. But all this comes with a dark spot- TASTE. Nobody likes to eat raw sprouts, mashed potatoes, boiled broccoli with salt and vinegar instead of pav bhaji and tandoori chicken. Nobody likes to also drink vegetable juices instead of frooti. "Why sacrifice our life in all this?", we think. Tasty food- When we listen to this name, our mouths start drooling. Pizza, burger, chips, samosa, yum!!! Everybody is really contented with all these foodstuffs. It makes you feel very nice when you eat it. Sweet, salty, spicy is what we all like now. This has one big surprise package with many gifts too- Obesity, depression, sleepiness, lethargy and more. Many of our friends are fat because of all these foodstuffs. They are not active like us, nor they play downstairs because of the lethargy which occurs due to eating these food stuffs. Nor they can concentrate while they study in school because they feel sleepy due to overeating because of the taste factor.I choose HEALTHY Food, plus a Dash of Tasty food for occasions. Only if you are healthy you can enjoy food and can live to eat food! We all should choose a balanced diet like all our doctor aunties and uncles say. Choose and apple over chips and water over Sprite.

We should all treat food as a thing that destroys hunger, not a tastebud tickler or happiness factor. There are many people who do not get food, so battling over healthy food and tasty food makes no point for them. Lets thank god that we have got food and thank mummy for serving us healthy food, and sometimes our pizzas and pavbhajis. Let us all remember that   HEALTH IS WEALTH!!!