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I personally think that healthy food is much important than tasty food but being a child I know that if I am given a choice between a very tasty food and a food which may not be as tasty but is much healthier I won't be able to resist the tasty one. Children don't judge a food by it's health quotient but by it's taste and sometimes it's presentation and it's aroma.

Everyone knows that healthy food is much more important than tasty food but the thing is temptation. How do you persuade your mind to take a salad over a pizza? I love pizza and even though I know that I will end up a bit heavier after I eat up my pizza I will probably eat it just because it pleases my taste buds. It's a war between the portion of the brain dealing with taste and the portion dealing with health. And as many have experienced, usually taste wins.

Healthy food is very important in our life. There is an old proverb which says that Health is wealth. Without it one grows up into a weak person with probably many diseases. Usually tasty food is fattening and people who have yielded to temptation are overweight. Bad eyesight is also a result of eating food which is heavy on fats.

On the other hand people who have eaten healthy food turn out to be healthy individuals. Usually they are good in sports and many other things. On the other hand overweight people are very rarely good in sports. Also someone who has eaten healthy food regularly will definitely have a better working brain and will in all possibility end up being a more successful person in comparison to a person who had the same opportunities but ate more tasty food than healthy food.

But also one must take into consideration the fact that many tasty foods are healthy too. Taste is a relative concept. It varies from person to person. But on the whole when the choice comes one must definitely go for healthier foods.