Do you agree or disagree with the following statement?

Nowadays it is easier to maintain good health than in the past.

Throughout history, the human being has been concerned about enough access to food supplies, which makes noticeable competition between states, as a result, is a prominent cause of most of the early wars. Nowadays such this issue is solved according to the improvement of technology in the food industry, but the controversial problem which arises here is whether by these widespread amounts and various kinds of food supplies, does it make it easier to gain health in comparison with former situations. Despite the fact that appealing advances in food generation brings a lot of positive critical point according to human being survival, but my firm conviction is that, by passing the time, people overall health situation has decreased. To support this, there are several reasons, two of which are going to be explained in the following.

First and foremost, it is significant to be mentioned that by improvement in women’s interferences in social interaction, a great percent of the job opportunity has been acquired by them. As a result in comparison with former women, who were households, they do not put spend the majority of their time for cooking. So the family members are fed by outdoor foods, which are mostly fast food. Understand the result of this study, was enough for me to notice the vital effects of our lifestyle. These kinds of junk foods do not provide essential nutrients for the body. So, by the time the body would have a significant decrease in its nutrients supplies. Besides the fast foods, because of the strong increase in requesting for foods due to the world population, genetic science comes to help people survival. As a result of genetic modification and manipulation in the seeds and fetus which are done for heightening the generation amount, some defects have been occurred in their DNA that maybe create deficiency and fault in generations. The result of a recent static conducted in my country indicates that the number of disability in couple fertility, even between youth, has experienced an apex among the last years, which is happened because of the low quality of foodstuffs.

Another equally significant point to be mentioned is that by the exponential increase if our country's interest rate-which we have faced these days- cause enhancement in food price, especially for the high quality ones. So although there are extensive and easy to reach foods, because of the reduction in people purchase ability, the medium to low society levels, which constitute the majority of people can not afford to buy ordinary foodstuffs such as meat, let alone the various high quality and nutrient one. For instance, we all follow some of the prominent celebrities in our social channels like Instagram who are proposed their lifestyles and food schedule to their followers due to be healthy. But, when we concentrate more what they prefer to eat, are not even in our market, because they have a noticeable price which is not affordable for ordinary people. if I had extra money enough to care about what is better for my body to eat, I would purchase what the celebrities and experts offer, but it's not possible by this economic situation.

To wrap up, despite the fact that, advance in food generation methods cause growth in the quantity of foods source, the humans’ health situation is not in increasing way, for reasons such as the low quality and manipulated foodstuff which would be the reasons of recent disease and the pathetic condition of most of the people, especially in developed country, which makes the nutrient and high quality foods unreachable tor them.

No of words: 599

Time: too much ☹ (more than 90 minutes)