Topic: Do you agree or disagree with the following statement? The food we ate in the past was healthier than the food we eat today.

440 words, 53 minutes

Nowadays, people all over the word are less concerned with getting enough food as they were used to in ancient eras when people were obligated to stand on their owns to produce their required food. But it does not mean there is no concern with food at all while it is at least for a section of people. While some of them contend that the food we eat is healthy enough, others believe that the food we ate in the past was healthier. I hold the latter view and will elaborate on my view point in the following paragraphs.

Firstly, as the word population is exceedingly increased in the recent centuries, the demand for food is increased proportionally. This means that human is encountered a new problem. How to provide such amount of food? So the ideas for dealing with this crisis brought about applying unconfident agricultural methods which do not certainly consider the health issue as the first priority. In result, we see agriculture is significantly based on using dangerous materials to raise the throughput of farmlands which also cause variety of environmental pollutions. For example using greenhouses to produce more products, not only has affected the earth by producing harmful greenhouse gasses, but also has produced unhealthy products which is asserted by many of the sate-of-the-art publications that is the main cause of a rise in the number of cancers.

Secondly, due to the busy and stressful life people are experiencing nowadays, they do not have sufficient time to cook food. So they are rely on ready foods which are produced by food factories. As far as I know, factories tend to stimulate their customers to consume more ready foods. Unfortunately they have successed to do this in such an effective way that most of them are working on their maximum capacity. In result their productions needs to maintain for a long period of time in order to come up with the amount of demand they have created. There is no doubt lengthening the expiration time needs to adding some conservator materials that at the best case scenario makes the foods unnatural, while studies have shown that also makes them unhealthier for the majority of food types.

In conclusion, I contend that the food we eat is of less health because the population growth and new life styles does not offer any better choice rather than coming up with huge food demands through industrial ways. Although it may be plausible to reduce the negative role of advertisements but it is not rational to except such amount of food be produced as healthy as the food was in the past.