

FOOD

Food! What comes in mind when we think of food... delicious biriyani, noodles, chicken so many things. But, have you thought why we need food?

As most people say, “we need food to live,” and yes, it is the part of the truth is that when we intake food, nutrients are provided to our body like carbohydrates, proteins, fats, minerals etc. which help our body to function properly and it gives energy to do our day-to-day activities. “What happens when we don’t eat food?” this is the question asked by most of our junior’s scientist have proven that we can survive without eating food for few weeks, but what happen in our body when we don’t eat food? The energy that is stored in our body it used at the movement. All though we may not be energetic, often we may get stomach ache, gastric problems and many more... That’s why we need to eat food; will we get energy when we eat junk food? “NO” is the answer of the other people, but my answer is “YES” because, when we intake junk food some nutrients like fats and carbohydrates, etc... is present in the junk food. All I want to say it eat healthy and stay fit.

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