**Has the ease of cooking improved life?**

Food has always been the one of the greatest wants of humankind. It has

influenced almost every step that humankind has taken. The search for food is

the essence of life. Therefore if food is easier to get and prepare it is a real boon

to humankind.

Food is the most important of the three basic amenities of life (water, food and

shelter). Though it can be argued that water is the sustenance for any life form,

food is more important because if you do not have water you will surely die.

But if you are left with a scarcity of food it will lead to a very sickly and

torturous life. Nutritious food is very essential for life, food has been the cause

of many a battle. Thus if food was easier to prepare it will take away from the

mind of the humankind a great burden.

Though the preparation of food becoming easier is considered a great blessing

for humankind. The sudden rise in processed and canned food and all the junk

food that one gets over the counter is not totally a boon. People who are so

busy that they are not able to spend time to prepare their food, develop a liking

for these ready-to-eat junk food. Though it might be thought of as a great way

to save time, this is a shortsighted idea that could actually lead to a world of

harm. Because one must understand that even though junk food saves us a lot

of time, the nutritional value of the food is not so good. In reality the

preservatives used in these foods are often found to be toxic in nature. Hence it

defeats the purpose it is supposed to serve i.e., to provide nutritional value.

Moreover since people do not take time to prepare food, the art of cooking is

slowly vanishing. Actually cooking is a good way of releasing pressure that

builds up from our professional commitments. Cooking can easily provide

relief from all the tensions that prevail in our life. In the past family weekend

get together was considered to be a good time to know each other and they used

to spend time cooking food for the entire family. They used to exchange recipes

and it was a way of rewinding after the hard weeklong labor. Thus this junk

food has denied the human kind of one of humankind's oldest arts. It could

even be termed as a retrograde step in human culture.

Therefore I believe though the processed food has made the preparation of food

much easier, it is not a good step for mankind