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Food is no longer of that importance. This is not an encouraging trend. People are too dependent on preprocessed or precooked food, which no longer has the freshness it once had. Such foods lose their mineral and vitamin content and are not as healthy as fresh food. That is why the number of diseases is also rising. People have also shifted to high-calorie content food like French fries, pizzas, and ice cream, etc., which is causing obesity, fatigue, etc. As man is becoming busy and too involved in his busy schedule, he has no time even to take care of his own personal needs.

Furthermore, cooking is an art which is dying out. People once enjoyed cooking. It was a means of eliminating stress and tension. People were once able to relax during this time and reflect on their lives.

People may tend to argue that by using precooked and preprocessed food they are efficiently using time and can use this precious time saved for other purposes. But is it really worth it? This is a question whose answer can invite much speculation about whether by saving this little time we are inviting lots of other problems, which could easily be avoided. It is actually making our lives not simpler but more complicated. We have lost many of the simpler things in our lives, like the simple acts of selecting our evening meal, preparing it, and enjoying it with our loved ones, and we are worse off for it.

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Nowadays, wherever we turn our gaze, we can see different types of food that are easier to prepare. For instance, we can buy frozen foods in a supermarket and just prepare it in a couple of minutes, whereas before it could have taken us maybe hours to prepare this kind of meals. I would accept that this so-called improvement has changed our lives, but I believe that there are some drawbacks as well.

It is true that these kinds of food do not involve hard work to prepare, but food that is easy to prepare generally has some artificial ingredients mixed in it that makes it "easy-to-cook". If we take time to read the ingredients, we would definitely come across words like preservatives or artificial flavorings. It was just a couple of days ago that I came across a newspaper article which stated that someone was poisoned because he ate this type of food. He was hospitalized for almost a month.

Not having to cook has also taken the fun out of cooking. Cooking is an art, but in today's world, this is no more true. People are so busy with their work that they just rely on these simple foods. The invention and production of these foods have made people lazy not only for cooking but also for a well-family get-together. It was not like former times when families would sit together and eat freshly baked food. Instead, they are getting these artificial things with minimal nutrients in them.

Cooking in the yesteryears was much better than today's. People would spend more time in the kitchen, preparing the food in the way that they liked it. This brought families closer together and also contributed to the high quality and nutrition of the food. Granted, people are busier nowadays and do not have as much time as they did in the past, but I believe that people have forgotten the importance of healthy, fresh food and of the time a family spends together preparing the food. So, I would say that having food that is easy to prepare has had many disadvantages.

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