

*Nowadays food has become easier to prepare. Has this change improved the way people live?*

In ~~Today's~~—Today's technologically advanced daysworld, the preparation of food has enormously been altered. This phenomenon, however, has done more harm than benefit. -

Although this trend has enhanced people's life, it has made them slothful and led them to a sedentary lifestyle, which consequently would unpleasantly ~~effect~~ affect their well-being. That is to say, since provision of ~~the~~ food has become much more straightforward, their activities has become noticeably less, and this could jeopardize their health. By way of an example, they order their desired meal only by a call or even through the internet, rather than leaving home, or they typically use microwaves to warm up their lunch and dinner, which has proven an unhealthy practice. On the other side of the coin, most of these simply available foods are fast food or can food, which contain detrimental materials, like saturated fat.

The lower quality of newly serving foods is the second point to consider. In recent decade foods have been made with inadequate ingredients, which includes less materials, such as protein, vitamins, minerals that body requires. Besides, the taste of easily prepared foods have not the same ~~that as~~ foods ~~had~~ in the past. Even dairy products have been impacted in the last decade. It could be on account of using of GM products which ~~has~~ have replaced organic and natural materials.

To conclude, on contrary of ~~the~~ all the enhancements of the recent food industry progress, this fact has had adverse effect in the masses' lives. There should be a fair balance between time, ~~the~~ quality, and more essentially, health, which has tended to be forgotten ~~in~~ these days.