

Children of the past and present age

Sociology



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Children of the past used to eat more organic foods. Most of the children ate eggs, meat, and fresh vegetables and drank fresh milk. They fed on grains and fresh fruits and vegetables. Eating foods in their natural form made them consume very little if any, chemicals. This was the main reason why they were in so good health and had tall and muscular bodies. Children of the present age eat junk and processed foods. No matter how healthy a drink is declared, it is full of chemicals and processed ingredients. Even the diet considered most natural and healthy like milk is processed.

Consumption of processed foods makes today's children consume countless chemicals every single day. " Studies have also shown that there has been a dramatic increase in the number of times per day and per week that families eat out since the 1950s" (Pakhare). Over time, this leads to a decrease in their immunity and an increase in their susceptibility to diseases. While on one hand, children of the present age are lucky to have such a huge variety of foods and drinks available to them, the demerits of consumption of this processed variety of foods and drinks, on the other hand, far outweigh the merits obtained. Children of the past had a lot of time for physical activities. There were no televisions, computers, or video games to spend hours and hours on. The schooling system was also very weak because of which children had plenty of time to play with each other. They frequently indulged themselves in such activities as swimming in the ponds, hiking, running, and playing different kinds of outdoor games. The physical activities helped them achieve a very strong and muscular physique. Contrary to that, children of the present age have almost no time for outdoor physical activities. The schooling system is so advanced that children find very little time for

enjoyment and relaxation. Therefore when they do get some time, they tend to surf the Internet or play video games.