

# Food is a high priority essay

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Today people seem to be obsessed with their diets. Food is a high priority item on the lifestyle agenda with a marked focus on healthy eating. "You are what you eat," says Ayurveda, the ancient Indian science of life. Food is a basic human need. We always need to know what we eat because food affects practically all aspects of our life. Nowadays, in the manufacturing age, our society still faces the food problem. This is a problem of quality, not volume. Our producing system is capable of producing more food than we need, but how can we be sure about its quality?

Is it healthy and useful or just fuel for our bodies? In this paper we will try to discover what we exactly eat and why. Really, food can easily become a tool to control society, which seems to be happening now. In our open society we have much more "taboo" questions than ever before. This is especially true when we start talking about food problems. This is a forbidden ground for most of us. Why does it happen? How can it be possible that people usually do not know how their food has been made? There are some enthusiasts who try to find answers. The "FOOD, INC." movie, directed by Robert Kenner, is one of the most famous sources devoted to this problem. This movie tells us how our food industry takes people under control. The papers, provided by professional scientists can show an impartial assessment of the problem discussed. Only studying different sources can help to find the truth. Our online writing services can deliver similar custom essays on any related subject. Professional paper writers working for us are experts in this field, willing to provide qualified help with written assignments and custom essays for our clients. <http://studentessayhelp.com/2010/09/23/food>