

What is Food ?

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There are a thousand ways to define what food is yet no single answer can be deemed as absolutely right. Some say that food is a necessity, something that we need to survive. For some, it is a vast topic of discussion intertwined with people's history and traditions. Yet for others, it's an art form to express stories and fusions that have never been seen before, Some even treat it as a math, counting every gram of protein in taken and every calorie consumed.

For the simpler souls like mine, food is something more than just a necessity, something above the count of calories and the history it comes with. It is a simple yet soul soothing experience that we get to enjoy about three times a day. Alright, it may not be as euphoric every time but you get the gist of it, There is a reason why people have such a deep level of connection with the childhood dishes that their mothers and grandmothers prepared. It's not just about the spices and aromas, It's about the affection that it was made with. The unmatched taste which could make a full-grown adult burst into tears, taken into inevitable nostalgia and reminisce about their childhood. There is a reason why it is advised to eat ice-cream when one feels sad. Because it comforts you. It gives you a sensation that make your sorrows easier to digest.

Food is part of almost every activity that a person tends to enjoy. You can't watch a movie without popcorn or go through summers without a slice of mango or have a fair without the small food stalls selling the simplest of recipes.

In my opinion, food is one of the earliest friends that man has had. It has faced the stone and fire of the stone age, and seen the boom of microwaves and airfryers in the digital era. Food is an emotion nothing less than that of love, hate, happiness, and the like. A basic necessity as well as joy for the soul, combined.