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The Importance of Food

How Food Affects Our Lives

I never worried about eating so every night I took having a home cooked meal for granted. If I could change one thing in this world, I would make sure that every person has a healthy and balanced diet. Today, many people around the world don't have the privilege of eating a full meal everyday, and many suffer from low food security. This causes most of the population to be malnourished, and they are not able to go throughout their day with full energy. Another important aspect of food is how it connects an individual to their culture. My family makes a lot of traditional food and I learned about the large impact it had on my identity as a Lao American as I grew older. The food is something that you are proud of and want to share with others. This brings people from different cultures together as they share and enjoy each other's unique dishes. Food is an important part of our lives because of the nutrition it provides and its contribution to our cultural identity.

A big part of someone's health can be determined by looking at their diet. A balanced and healthy diet is essential if you want your body to be working at 100%. People often feel much better when eating clean than eating junk food or not eating enough. Jorge Masvidal, a professional MMA fighter, repeatedly brings up how his change in diet benefited his performance during fighting competitions. In my experience, I have had long stretches of eating clean, but I've also had times in my life where I was over-eating and overnourished. I didn't care about my health and ate plenty of junk food while growing up. This caused me to be easily fatigued during sporting events and I had a lot of fat on my body. However, during my clean

eating period, I was able to play full minutes during soccer games and not feel exhausted. I also experienced benefits outside of sports such as improved skin and weight loss. There was also a time where I was in a large caloric deficit because I was trying to lose weight quickly. This allowed me to lose weight and my body looked good, but I often experienced an injury because my body was too weak. This is similar to many people living with food insecurity who are not able to get the nutrition needed to go about their day so they end up with weak bodies.

Food is great because it brings us together. Food is important to me because it is one of the biggest ways for me to connect with friends and family. Since most people in my family are usually busy, one of the times that we are together is when we all go out to eat. I also used to hang out with my friends by eating after school, then I would have to go home. These are important times for me because I am able to spend time with people I care about. I feel like many people can benefit from eating with others by enjoying a shared favorite food together. It creates a time where everyone is happy and it can deepen your bond with these people. The world has a variety of different cultures with each one having their own cuisine. People who come from their home countries bring their cooking and ingredients to America where they can share their cultures' food with other people. During barbeques and kickbacks, people from my family bring food from their culture and we all enjoy the food together. This brings different cultures together as they are able to try new food from different parts of the world. It's good to try food from different cultures because it gives you a chance to learn about the people, their food, and their cooking techniques

Food has been an important part of my life and has helped me to become who I am today. It has determined my health and how my body feels, and it has allowed me to connect with

friends and family and helped me to learn about different cultures. Food is a topic that everyone should pay more attention to because it can be a positive and big part of their everyday lives.