

The human life has changed a lot in the last 40 years, in many ways life has become easier but also unhealthy due to the development in technology which made people do many stuff while they are seated at home. This report is based on the audio recording conversation between Mr. Mohamed (53 years old) and Ahmed (20 years old) about the healthy life they had 40 years ago and now.

Technology is great, people cant even live without it nowadays, many or almost every single person depend of technology these days, no one moves a lot, not at their work nor at home. People used to move and work hard at their jobs but todays modern jobs are on the computer, some even work from home, this is a great advantage of technology but to our health its the biggest disadvantage. They used to play out side under the sun, making their body move and train by it self by just playing their games like football and many other everyday, they didn't have TV's nor computers to play on, all of their games had to be a game that will make you healthier by just running and moving around.

Many years ago, people didn't have computers to work on, they wake up in the early morning, and they get ready for their work in the farm, in their shops, or in their healthy restaurants. They used to walk many miles to go to work, they didn't have cars, their only mean of transportation was camels. Camels where not easy to get for everyone, people who cant get a camel walk by their self every morning to provide the good life for their kids and family.

Fast food, this is the term we use to describe restaurants that make our food in 10 minutes or less, nothing is healthy in those restaurants not even the drinks. Fast food restaurants use pre-cooked frozen food and keep it frozen for days until we order from them, when we do that they go and heat it up and cook it more just to get the shape of a new cooked beef burger or fries. Soda's were never good for our bodies, they are proven to damage our bones and body but people still drink it despite all the facts about those fast food. Years and years of feeding our selfs with these fast foods just gained us more fat and increased the risk of having a heart attack due to the increase of fat in our body, which made us feel sleepy and don't want to do any hard work, hard for us to move, to play or even go have a walk.

40 years ago people didn't have refrigerators to store food, therefore they used to hunt animals and eat it the same day or the other. they didn't cook all their food with oil which made their food oil-free and minimised the amount of fat in their bodies.

However, these unfortunate facts cant be changed easily, its true that technology and bad food effected our health, and only people who are determined to live the good healthy life can do it, we still can eat and live a healthy life by simply work hard again.