



## My Favourite Food

Here you have an Expository Essay on My Favourite Food, let's start with the Introduction.

### Introduction

I'm not a foodie, and I don't go out of my way to try new things, but I know what I like. I've always wanted the fish, whether it was cooked whole or cut into fillets. My mother recognized my intense appetite for fish and made it a point to feed us fish every week. I didn't know or understand the nutritional benefits of fish back then, but I knew it tasted good. I could eat it plain or with rice, and everyone at home appreciated my decision. As I grew older and learned to understand the various advantages of eating fish, I convinced myself that I had made the correct decision.

Today, I could eat fish every day, but I'm on the lookout for another dish to add to my list of favorites, just like I did when I first found fish. However, this time around, I'm seeking a vegetable mix. But, getting back to fish, just thinking about it makes my mouth water, but I'm going to attempt to resist the impulse to go out and find some so I can finish this article. In this essay, I'll discuss why I believe everyone should eat fish and some of the various methods to prepare it.

### Reasons why everyone should eat fish?

#### Enriched with Vitamin D

Vitamin D has been one of the most talked-about vitamins due to widespread deficiency in recent years. According to Forrest and Stuhldreher (2011), 41.6 percent of Americans are Vitamin D deficient and do little to nothing to improve their situation. However, according to Leech (2015), fish is by far the most well-known dietary source of Vitamin D. He goes on to say that eating fish like herring and salmon will provide you with the most Vitamin D.

#### Aids in the treatment of depression

Depression is a known and actual condition that can lead to mortality. Sad people frequently end their own lives or give up on life and all of their relationships. On the other hand, Leech advises that eating fish can make you happier than before. Depression is currently one of the world's most severe or widespread health issues. Grosso et al. (2014) found that those who consume fish regularly, such as myself, have decreased incidence of depression.

#### Lowers the risk of developing heart disease.

One of the most pressing health issues today is a heart attack. Eating fish can help prevent or lessen the odds of developing heart disease or suffering a heart attack. According to a study conducted by Mozaffarian and Rimm (2007), eating fish once or twice a week reduces the odds of dying from the cardiac disease by 36 percent. This alone is reason enough to incorporate fish into one's weekly diet. Thousands of individuals die each year in the United States from heart disease or heart attacks. The



bad news is that such reports and research are frequently ignored. On the other hand, this reason made me want to eat fish even more, and I'm never going back.

### **Increases a person's mental capacity.**

Anything that increases my mental capacity is something I will consume every week. Fish contains crucial nutrients known as omega-3 fatty acids, demonstrated in studies to aid cognitive boost. I will seek more of what I am instructed to eat if I can get my brain working at its optimum while I am still young. However, there has been slight sensitization since few people eat fish and those who do not comprehend why they should never eliminate it from their diet.

### **Aids in the growth of youngsters**

Omega-3 fatty acids are also crucial throughout pregnancy, according to research, for the development of the neurological system and the baby's brain. Fish, it appears, is necessary for a child's development and will ensure that a child never has any motor, social, or communication issues. There will be no symptoms of brain development delay.

### **Improves the health of one's skin**

For people concerned about their skin's state, fish can also aid in improving their skin's health. According to reports, fish has an ingredient called EPA, which helps regulate oil production in the skin and keeps it moisturised. Furthermore, fish aids in the preservation of one's skin and can protect one's skin from UV rays.

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