

Wholesome Eating

Remaining in class was becoming a more unbearable task by each passing minute. Each tick from the prehistoric clock hanging on the musty wall was slowly depleting my remaining energy levels; I was hollow with hunger. The sounds coming from my abdomen should have won me an award for the most tumultuous stomach. I needed out, but there were still ten minutes left of incomprehensible math class. My view honed onto the clock, as I restlessly waited for the bell to emancipate me.

Finally, my savior arrived. The bell rang. My belongings were promptly seized, and I sprinted for the growing lunch lines. A little while later, I was seated on the rickety lunch tables and comfortably squished between my best mates. In front of me was a flimsy foam tray, brimming with nuclear neon yellow mac and cheese – my least favorite. One glimpse at it abruptly evaporated my once ravenous appetite. Just as I was considering dumping the lunch, my stomach whined its protests. The uproar from the stomach of Pompeii would only settle if I ate it. I reluctantly began to nibble on spoonfuls of noodles. My hunger helped to improve the taste, but I was still struggling to avoid gagging. Despite my pitiful state, a jubilant grin spread onto my macaroni smeared lips. Here I was, crowded up with my friends, eating a very rancid, yet hunger-fulfilling meal, and jabbering off about any balderdash that came to mind. No matter how unbearable math class was or how unpleasant lunch was, my day was always salvaged with the prospect of dining with friends. Suddenly, the mac and cheese tasted just a bit more pleasant.

The modern concept of “wholesome food” is often defined as “food that meets all quality and labeling standards imposed by federal, state, and local laws or regulations, even though the food may not be readily marketable due to appearance, age, freshness, grade, surplus, or other condition” as stated by the Law Insider. Hence, the idea of “wholesome eating” is often boxed into the same package of conclusions that eating and food can only be wholesome if it meets a standard of health regulations. In order to eat “wholesome,” many believe that their diets must consist of the freshest produce, most organic meats, and low calorie or fat free substitutes of other grocery store products. The belief in the contemporary abstraction of wholesome eating equating to only the promotion of health of the body drives society into a net of catch-22’s. Although consuming healthy sustenance choices is undoubtedly crucial for the human body to thrive and is greatly encouraged by dietitians and other medical officials, nutritional foods alone are not the paramount to obtaining health. Healthy eating is not just the food itself and is more than nutrients and physical nourishment. Rather, eating gives the opportunity to share relationships, allows the soul to be healed, and brings a source of spending time with loved ones. Food acts as a bonding mechanism between a physical and spiritual bridge. Food is most obviously credited for being the fuel that our bodies need to maintain a state of homeostasis and to keep us running through both physical movement, but when it comes to “wholesome food,” it has to be the junction of our body, mind, and spirit.

Going back to my school meal of mac and cheese, though not my favorite lunch, it calmed down the volcano of Pompeii, rejuvenated my spirit with many laughs at my friends’ balderdash, and it revived more brain cells for my next period.