

Breakfasts!
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Here's a thought: How would you feel if you ate curry every day for a year or so? You would most likely hate it, right? So how come so many people happily eat the same breakfast every day for countless months on end? I'm not saying Cornflakes, Weetabix, or whatever are TRICKING you into buying their stuff or anything like that, I'm just saying many people's eating habits are kind of strange. Why could this be? I have a theory: People who are depressed tend to feel worse in the morning and better at night, right? (As is my understanding). Could it be that such people eat the same things every start to the day because of their apathy? And for those who feel happiest in the early hours, could it be they're so cheerful, they don't let minor annoyances in the form of food get to them? Yep, it could all be a mood thing.

But hang on, what about people who just feel 'fine' in the morning? According to the theory, they shouldn't have the repetitive eating habits discussed. Damn. Yes, as far as I know, everyone across the spectrum of moods consumes the same breakfasts daily. (I'm not going to do the research, as I don't want to risk being wrong, forcing me to delete all my prior work. Clearly you should be thankful I'm not a true scientist). Here's theory No. 2: It's the sugar in the cereals that get people coming back for more. Curries, pizzas, pies, etc., aren't exactly loaded with glucose the same way early meals are, are they? I'm actually quite proud of myself, that hypothesis actually makes sense. But let's try and be balanced anyway; maybe my latest idea could in fact be a load of rubbish. How would I feel if I ate super-unhealthy ice creams/chocolates/sweeties/etc. every day? Pretty good actually. Ok, idea No. 2 is clearly pretty solid.

Even so, here's another idea of mine: Spoons act as amusing mirrors and have friendly shapes that keep people coming back for more, whilst the aggressive and spiky looking knives and forks subconsciously scare people away. If that's true, I'm sure I could make a killing in the restaurant industry. All I'd have to do is point out to the chefs they should really change the cutlery that's served. Sure eating curries with a spoon alone will be weird at first, but people will get used to that. (Especially as they're so saucy). But how would you cut a steak for example with a rounded object? I guess cooks will just have to cut up the meals themselves and hand bite sized chunks to the diners. Kind of patronising but again, just think of the profits.

You know how else breakfasts and dinners are different? The former are generally colder and the latter are generally hotter. (Yes, porridge can be served hot, but I for one could never eat that stuff every day, or indeed any day). Is the cold better than the heat? Dammit; after Googling whether it's better for a person to be hot or cold, apparently it's better to be hot. After all, the cold is more likely to kill you, whereas the heat will most likely just make you uncomfortable. Well that's what I read.

I'm sure whoever wrote that knows that it is possible to die from the heat, and as that was first thing I read on the internet, I'll assume the author in question knows what he's talking about in general. Hmm... Let's think of one more argument...

You know what almost all breakfasts have in common? Milk! Is there something about the liquid that is addictive? After even more Googling, apparently people who crave milk are likely lacking in vitamins and minerals. Are all people who eat cereals a day malnourished? I mean the Western diet is notorious for being unhealthy, but surely things aren't THAT bad. After further research I have discovered that malnutrition is on the rise in the UK! Dear God! This sounds like an emergency! I had to find out why people need to get their five portions of fruit and veg a day, and thankfully, one of the (main, at least) reasons wasn't because of widespread, serious, life-threatening vitamin problems. In conclusion and to be honest, I don't really know why people eat similar breakfasts over and over. Though if I had to choose, the sugar cravings theory at least sounds plausible. So... Bye!