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Ice Cream: the Mouth Watering Frozen Desert by Osa

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Ting! Ting! Ting! Ting! â€œHey Shruti itâ€™s the ice cream man. Let us go there and have some tasty fing licking ice creamsâ€•- said Taniya, the 8 year old little girl to her sister Shruti. Tanya and Shruti are twins, but they are like the two poles of the earth. They only point where these two sisters have similar taste is that they both like eating ice cream.

It is not about Taniya and Shruti only, almost 99% kids like and love to eat ice cream. The history of this mouth watering cold desert can be traced back to the 4th Century BC when Roman Emperor Nero ordered his countryman to brought ice from the mountains and mix fruit toppings with that to make a delicious dessert out of it. It is said that the secret recipe of ice cream was basically developed by China.

King Charles I in he 17th century England declared ice cream to be a royal food and ordered it to be served in royal table only. He threatened his chef and asked him not to reveal the secret recipe. For centuries, ice cream was known as the â€˜food of the godsâ€™ and a â€˜treat for the eliteâ€™. Kids and c folk finally got their licks in during the late 1800â€™s. The ice cream industry in India flourished rapidly because of Indiaâ€™s large number of cattle farms and huge milk productivity. With the advancement of time, the process of ice cream making has also been revolutionized. Now the moms can prepare tasty mouth watering ice cream in home only as many companies have come up with cold desert machines.

The countryâ€™s population is primarily rural with approximately 65% of the population living in villages with a population of less than 5,000; this means there are well over 150,000 villages with a combined population in excess of 650 million. This has contributed to a highly fragmented industry that by many estimates has over 70,000 ice cream entities.

Kids between the ages of 2 and 12 are the biggest ice-screamers, eating more than half of the ice cream sandwiches, bars and prepackaged cones made each year. There are also great health benefits that this frozen desert offers to the kids. Some of the benefits are discussed below:-

â€¢ Ice cream is basically made out of milk and cream that carries great health benefits. It helps in strengthening the bones because of the calcium portion in it

â€¢ These frozen desert helps in raising immune resistance

â€¢ It is even beneficial for people having high blood pressure problems. It reduces the blood pressure and keep it in a normal position

â€¢ In a research it is found that ice cream increases brain activity among kids

â€¢ It is very healthy to combine ice-cream with fresh berries and fruit, as well as with yoghurts, cottage cheese, raisins, nuts and chocolate

Kids generally donâ€™t like to eat dairy products. So offering them ice cream can be a good choice for the parents. Parents can set rules for ice cream eating of kids so that the benefits from this frozen desert can be reaped fully.

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