

Holy quacamole

Superior Ancient Wisdom Now Served As A Trending Fitness Essential

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“Did you hear about the new superfood?”

“Oh, it’s just spirulina, right? Wait, is it kale? Or quinoa again?”

If you’ve ever found yourself in this conversation, you’re not alone. Superfoods dominate our plates, Instagram feeds, and even casual chatter, with words like acai, moringa, and spirulina being tossed around like confetti at a wellness parade. But what’s the deal with these nutrient-packed powerhouses? How did they become the stars of health culture? Brace yourself for an exciting journey through time and trends, as we unravel the superfood phenomenon - from its ancient roots to its modern-day magic.

“Did you know that quinoa has been a staple food for centuries?”

“Wait, quinoa? Isn’t that just the favourite grain of Whole Foods?”

Today, superfoods often come with a glossy Instagram aesthetic, smoothie bowls topped with artfully sliced fruits or powders with names you can barely pronounce. But their origins are far from trendy. Take quinoa, for instance, dubbed the ‘mother of all grains’, this protein-rich crop hails from the Andean highlands, where the Incas worshipped it as sacred. Celebrations of quinoa harvests were grand rituals honouring Pachamama (Mother Earth). Fast-forward to now, and quinoa has journeyed from ancient terraces to quinoa salads in Manhattan and grain bowls in Sydney. Its story is

a testament to how ancient traditions shape our modern plates.

Moringa, on the other hand, is often called the ‘miracle tree’. For centuries, its leaves have been a lifeline in Africa and Asia, treating malnutrition and inflammation. You’ll find it in everything from lattes to protein powders. And let’s not forget goji berries, cherished in Chinese medicine for over 2,000 years as a tonic for longevity and vitality. While the West markets them as antioxidant powerhouses, in China, they’re as common as your afternoon tea.

Each superfood carries its cultural significance,

blending ancient wisdom with contemporary wellness trends - a true global treasure hunt.

“So, superfoods now come in powders?”

“Wait till you hear about lab-grown ones!”

In the world of superfoods, innovation is pushing boundaries in exciting ways. Sure, many of these foods have ancient roots, but today’s technology is giving them a modern makeover, making them more accessible and sustainable than ever before. The most exciting advancement is the rise of powdered superfoods. From spirulina to matcha, these once-obscure ingredients are now available in easy-to-use powder form. You can toss them into smoothies, protein bars, and even salad dressings. With the spirulina market projected to hit 2.68 billion USD by 2027, it’s clear that convenience meets nutrition in a big way. Imagine drinking a cup of superfood coffee, or munching on a protein bar laced with chia seeds and matcha. This trend is evolving the way we snack, easing our daily dose of nutrients. The rise of cellular agriculture promises sustainable alternatives to traditional farming. For instance, lab-grown algae offer a resource-efficient way to produce high-protein foods without harming ecosystems.

“Wait, I can pick superfoods based on my personal health goals?”

“Exactly, welcome to the ultimate future of personalised nutrition!”

Superfoods are moving away from one-size-fits-all diets toward personalised wellness. For athletes, spirulina boosts endurance with its protein punch. If glowing skin is your goal, reach for avocados. Want to sharpen your mind? Blueberries have your back with brain-boosting antioxidants. And it doesn’t stop at goals, dietary preferences matter too. Vegans can lean on hemp seeds and moringa, while those on gluten-free diets have nutrient-rich options like chia seeds and quinoa.

Continued on page 4...



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THE GT POLL

Do you agree with CBSE’s decision to stop the practice of dummy schools and not allow students without 75% attendance to appear in Class XII board exams?

a) Yes b) No c) Can’t say

To vote, check out our Instagram page @the_global_times

Coming next

Vessels that swayed



This special edition has been brought to you by Amity International School, Viraj Khand, Lucknow as a part of the ‘GT Making A Newspaper Contest’. Each page of this unique edition carries a special story handcrafted by the school’s editorial team as a part of the competition. The inter-Amity newspaper making competition witnesses different branches of Amity schools across India churn out their own ‘Contest Edition’ which are pitted against one another at the end of the year, culminating with GT Awards. So, here’s presenting the **twelfth edition** and last edition of ‘GT Making A Newspaper Contest 2024-25’.

What’s inside

A woman of substance, P3

Fitz smart plate, P4

Genetic information, P5

Age no bar?, P6

Celebrating honours, P7

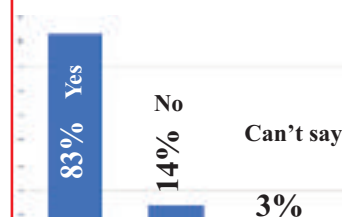
Maya and the Quiet Seed, P8

Reviving sacred blooms, P10

POLL RESULT

for GT Edition April 7, 2025

Do you think that AI generated Studio Ghibli images are a threat to traditional artists?



Results as on April 18, 2025