

Hong Kong Is Getting Fizzy

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People from the older generation used to drink only juice, water and tea. But nowadays, people prefer to drink sparkling water and carbonated soft drinks. If you look closely, you will also find that more and more fizzy or carbonated drinks are being manufactured and marketed every year. So how exactly did this fizzy trend begin?

We need to go way back to the 1700s. In 1767, there was a man called Joseph Priestly who accidently invented carbonated water. But what really made fizzy drinks gain popularity was the soft drink fad in the 1770s. More than fifty kinds of soft drinks were being sold at that time. These sparkling drinks became very popular with young people. Its unique sensation kept attracting more and more people to try it.

Nowadays healthcare professionals are concerned that people, especially children, are buying and consuming too many soft drinks. The low nutrient and extremely high sugar levels in sweetened soft drinks are associated with obesity, hypertension, type 2 diabetes and dental issues.

Yet every coin has two sides. While some people wish that this trend would stop, others are happy to see it go on. Since many sparkling waters don't have much, if any, added sugar or artificial ingredients, it is a great choice for people who are looking for a healthier alternative to carbonated soft drinks. So this trend doesn't seem to be fading at all. In fact, it is growing bigger as more and more people fall for fizzy drinks.