

HEALTHY FOOD

People often say “You are what you eat” and we all know to be healthy we need to eat healthy food.

Our brain commands our nervous system and controls our behavior. To keep it healthy we should eat green vegetables, cereals, bread and pasta because they give it energy.

Our muscles help us move, breathe, pump blood around our body and digest food. To build and repair muscles we need protein and iron, so we have to eat *lean* meat, fish and eggs.

Dairy products, such as milk, cheese and yogurt, are good for our bones because they have calcium.

We also should eat a lot of fruit and vegetables as they contain vitamins and minerals which are good for our skin.

We shouldn’t eat too much sugar and fat or fast food, because they are bad for our health, *though we can eat dark chocolate because it helps protect our heart and has a positive effect on how we feel.*

As for me, I try to eat healthy food. I have four meals a day: breakfast, lunch, dinner and supper. My favourite food is..., I also like . . I never eat ... or

I know that it is very important to think about our health since early years.

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