

Diet and Health

Диета и здоровье

МБОУ СОШ №50 учитель английского языка

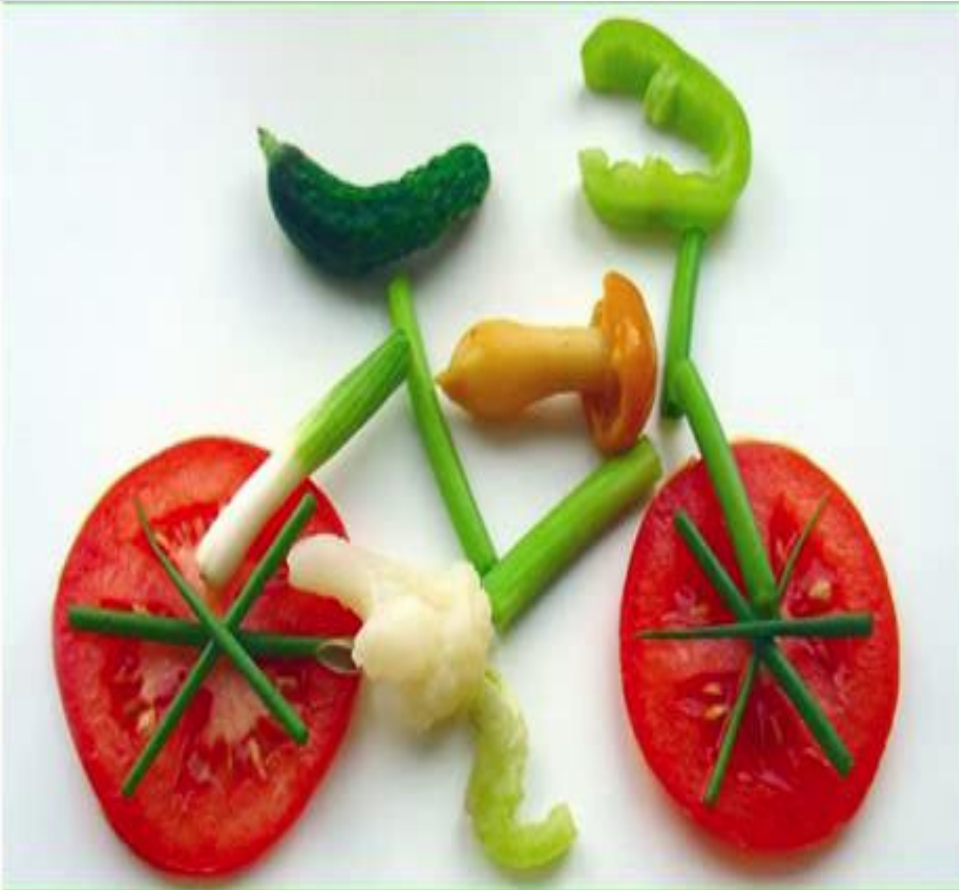
Борякова Ю.А.

**I think
keeping
health is
very
important
for
everyone.
Moreover
health is
one of the
most
urgent
problems in
the world
now. Why is
that so?
There is**



**«Health is
above wealth»**

**wise people
say, because
you can't be
good at your
studies or
work well if
you don't take
care of your
health. No
doubt,
everybody
wants to live a
long healthy
life.**



**Unfortunately,
now it has
become a dream.**



* Because of the polluted environment people suffer a lot of diseases. And the best way to be healthy is to go in for sports. But many people don't take enough care of their health and themselves.



5
n

Women are
weight



The most spreading illness today is obesity. One of the reasons is wrong food. Fast food is becoming



www.dietyodchudzajace.pl



OPR



*** If you want to be healthy and slim you should try to shorten fat products and fast food.**



***It's necessary to eat the right food
recommend old and young to do sports because it makes them strong
energetic. Keeping fit is very trendy today.
People should remember that bad habits are
extremely dangerous for their health. Don't
forget a proverb : "Early to bed and early to
rise makes a man healthy, wealthy and wise".**

***So I can say if you want to be healthy and keep fit:**



*** Do shorts. eat more fruit and
vege
dop
1
ours a day,
don't have
yo
an**





***In conclusion I
wish all strong
health for many
years**