

Introduction : “Health is wealth.”

Body 1 : Fast foods have many dangerous effects.

• dangerous effects	• avoid having fast foods.
• health problems (obesity – high blood pressure)	

Body 2 : The types of food we should have.

• Probiotic drinks	• Green tea
• The RDA of food elements (fats, proteins, minerals, carbs, water, vitamins and iron.	

Conclusion: We have to eat the right food to enjoy life.



“Health is wealth.” Nothing is better than having the right food. It’s never been easier to eat healthily.

Some people think that fast food is easier and cheaper than eating healthily. That is not true because fast foods have many dangerous effects. They lead to many health problems. They cause obesity and high blood pressure. That’s why we should avoid having fast foods.

Probiotic drinks are of great importance to lead a healthy life. They improve our immune system. In addition, they contain good bacteria. Moreover, having green tea is beneficial as it is full of antioxidants. We need to have the RDA of food elements like fats, proteins, minerals, carbs, water, vitamins and iron.

All in all it is now clear that we have to eat the right food to enjoy life. it is said that” we are what we eat”. Food and drinks, which contain antioxidants, are so good for our bodies. Antioxidants help combat diseases like cancer and arthritis.

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