

## LETTER TO THE EDITOR

Write a letter to the editor about

1. what your diet is like
2. your ideal meal
3. what is wrong with an unhealthy diet
4. what healthy things you would like to eat more often.



Dear Editor,

I am writing to you to share my thoughts about my diet.

In the morning I usually have a glass of tap water. I know that breakfast is important because it gives you energy for the whole day but I am not hungry in the morning. For lunch, I often go to a school canteen to get some pasta with tomato sauce. It is very high in carbohydrates and it gives me energy for the rest of the day. My healthiest meal is after school at home. We often have homemade vegetable soup which is very nutritious.

My ideal meal is grilled salmon and rice. I simply love it and I could eat it every day. This meal provides a good balance of good fats and carbohydrates. I am not very fond of vegetables and fruit, but I often have grapes or a slice of watermelon in summer for dessert.

Unhealthy meals are usually fattening and artificial, and they are harmful to your body. If you eat too much unhealthy food, you may have serious health problems. The most common of these is being overweight. Also, soda drinks are very harmful to your teeth.

I would like to eat more veggies and fruit. They are full of vitamins and they are very good for your health. Also, I would like to limit my meat intake.

I hope that this letter has given you an insight into my eating habits. I am not that diet conscious but my parents say that a healthy diet is the key to a happy life.

Yours sincerely,  
Peter L.