

LETTER TO THE EDITOR

Write a letter to the editor about what your diet is like, your ideal meal, what is wrong with an unhealthy diet, and what healthy things you would like to eat more often.



Dear Editor,

I have just read Paul's letter about his eating habits and I am writing to share my thoughts about his and my diet.

I am afraid that a lot of teenagers like eating so-called fast food such as chips, burgers, pizzas and sausages. These meals are affordable and they taste good. I do a lot of sport and I try to avoid fast food restaurants. In the morning I usually have a bowl of cereal with cold milk and I drink a glass of water. For lunch, I often go to a Chinese restaurant to get grilled salmon and rice. My healthiest meal is in the evening at home. We often have homemade soup, meat with cooked vegetables and fruit for dessert.

My ideal meal is roasted chicken with a bowl of rice. This meal provides a good balance of protein and carbohydrates. I am not very fond of vegetables but I often have a nutritious cream soup (garlic soup is my favourite) which contains a lot of blended vegetables.

Teenagers like sweet, salty and fatty meals because they are tasty and filling. However, this unhealthy diet which is high in sugar, fat, and sodium is fattening and may be harmful to your body. It may cause health problems, such as obesity, diabetes and heart disease. Sugary drinks are certainly not good for your teeth.

In the future, I would like to have a more balanced diet and eat fresh apples and nuts more often. They are loaded with vitamins and minerals. I don't like cooked vegetables but I find raw carrots and cucumbers very tasty and refreshing. I would like to limit fizzy drinks but so far a glass of cold cola after my football practice is the best reward.

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

Yours sincerely,
Peter J.