

## A BLOG POST

Write a blog post on how and why teenagers should have a healthy diet.

- Describe your eating habits
- Write why it is important to have a healthy balanced diet
- Give some tips to teenagers



TO: teenager@gmail.com  
FROM: teenager@gmail.com  
SUBJECT: Healthy Diet

### CHIPS, BURGERS AND COLA MAKE ME HAPPY

Hi guys,

My father has just returned from the hospital and announced that from now on we will only eat healthy food. I was shocked. I couldn't understand my father because we love going to fast food restaurants and our favourite food is a big burger and a big glass of cola.

Indeed, my eating habits are not very good. I often skip breakfast and my first meal is at 1 o'clock which is rather late. I love burgers and noodles and I could eat them every day. For dinner, we often order a pizza, or I have some chicken and rice, but I never eat vegetables. I simply hate them. I can't see anything wrong with my diet as most of my friends eat the same way.

My dad told me how important a healthy diet is. First, a balanced diet is essential for teenagers to get the proper nutrition for their growing bodies. This means eating plenty of fruits and vegetables, as well as proteins and whole grains. Secondly, teenagers should avoid processed foods and sugary drinks. Only nutritious and healthy food helps keep a healthy weight and reduces the risk of developing chronic diseases like diabetes.

So, guys, we have no choice but to change our diet. Let me give you some tips. Eat right. Always have breakfast because it gives you energy for the day. Eat healthy snacks, for example, take an apple or a banana. Drink a lot of water and reduce soft drinks. Avoid fatty, salty and sugary foods. When possible, eat homemade meals cooked by your parents. And, last but not least, avoid alcohol.

I hope you find my tips helpful. Let me know in the comments below what you think about the subject.