

Write a BLOG POST

Write a blog post about the importance of a healthy diet. Write around 250 words.

- Explain what a healthy diet is
- Write about your diet
- describe teenagers' eating habits and how they can be improved.



HEALTHY DIET? WHAT IS IT?

By Peter Brown

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Hi guys,

Have you ever thought about a healthy diet? I bet, not. Frankly speaking, most teenagers have no idea what a healthy diet is. So, let me explain what it is. A healthy diet, as I understand it, is all about balance which means eating a variety of foods such as proteins, carbohydrates, fats, vitamins, and minerals. It is about eating not only meat and sausages but also vegetables and fruit, and, not to forget, drinking a lot of water throughout the day.

What about my diet? My mum always says that I eat too much junk food and not enough nutritious meals. I often skip breakfast or I just have a bowl of muesli. During the day I hardly eat anything and my first big meal is at home after school. When there is a homemade soup, then I eat it, but I often make a ham and cheese sandwich. The reason for that is simple. Everyone can make a sandwich quickly and it is filling so I do not feel hungry.

The truth is, that teenagers often have unhealthy eating habits because they do not think much about their health. Do you agree with me? Unhealthy food can lead to weight gain, nutrient deficiencies, and other health problems, but when you are young, you do not think about it. Personally, I think, that parents should try to change their children's eating habits. They should prepare nutritious tasty meals at home, limit processed convenience food, and sugary drinks. Instead of chocolate bars, teenagers should eat more fresh fruit or whole-grain bread. Also, eating smaller portions more frequently can help maintain energy levels and regulate hunger.

What is your opinion on that topic? Let me know what you think in the comments down below.

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