

How do we make healthy eating choices?

- 1a List what you want to eat tomorrow. Discuss if your choices are healthy. Give your reasons.
- 1b Read the article from a clinic's newsletter. How many poor eating habits are mentioned?

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NEWSLETTER



Improve Your Eating Habits

Healthy eating is important for a healthy body and mind. Both what we eat and how we eat are important!

For example, some people have fast food every week. It is easy and delicious! But it often has lots of salt, fat, and sugar. That makes us put on weight. Eating fast food like pizza and hamburgers too often may cause heart problems later. If you cook your own meals instead, you can make healthy balanced meals.

Eating three meals a day is important. But some people don't have breakfast. Maybe they don't feel hungry in the morning, or they are too busy to eat anything. But food gives us energy. It is easy to feel sleepy and find it hard to focus on our work or studies if we don't eat breakfast.

Some people also eat too many sweet things. Ice cream, sweets, and chocolate are delicious, but they usually have lots of sugar. This can cause tooth problems. When you want a snack, why don't you have some fruit instead? After all, an apple a day keeps the doctor away.

Remember: You are what you eat. Healthy eating means eating healthy food and having good eating habits.

