



1. What happens when people refuse to eat regularly?

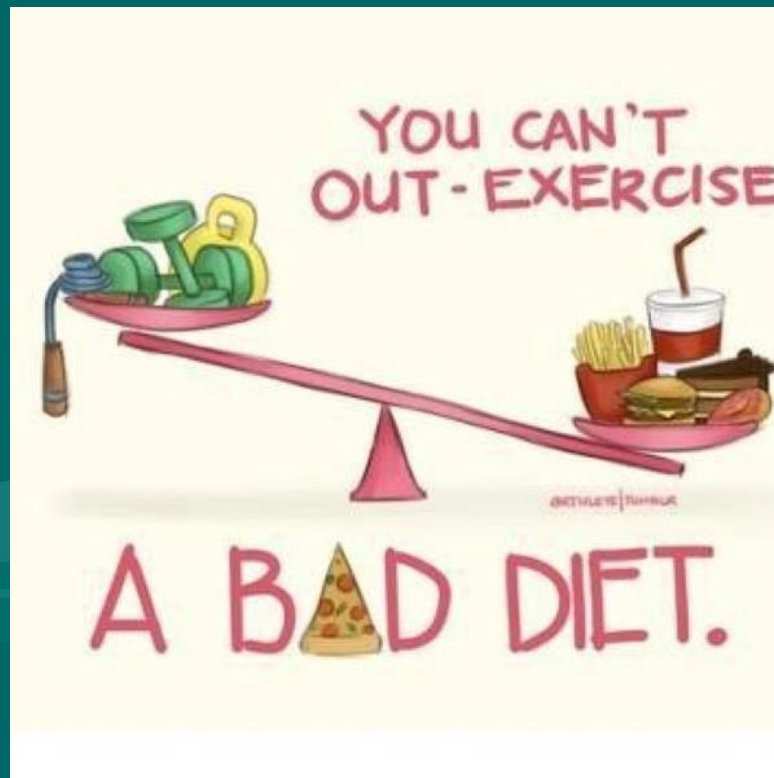
- Their health begins to deteriorate



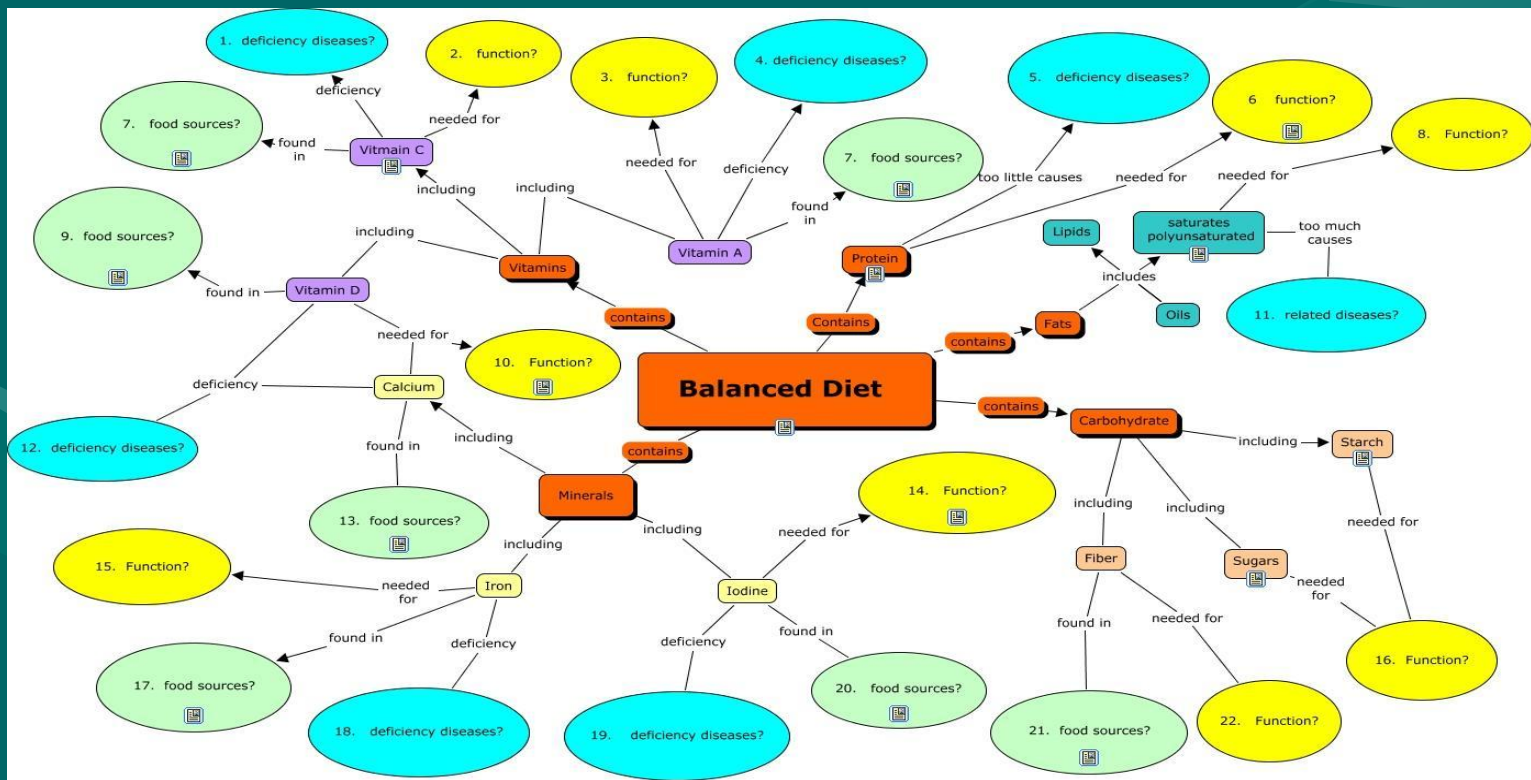
- 2. What can we say if the diet is high in fat and low in goodness?



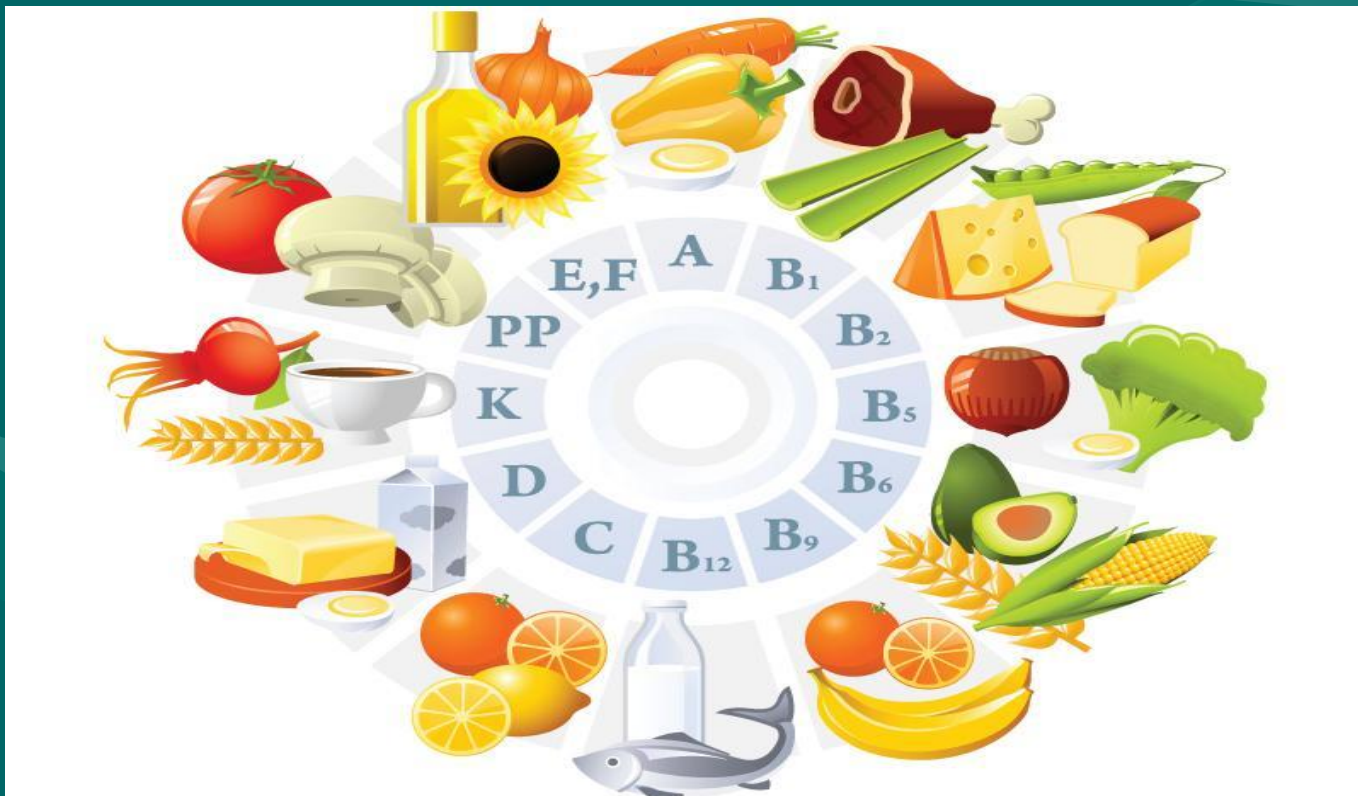
- It's not balanced



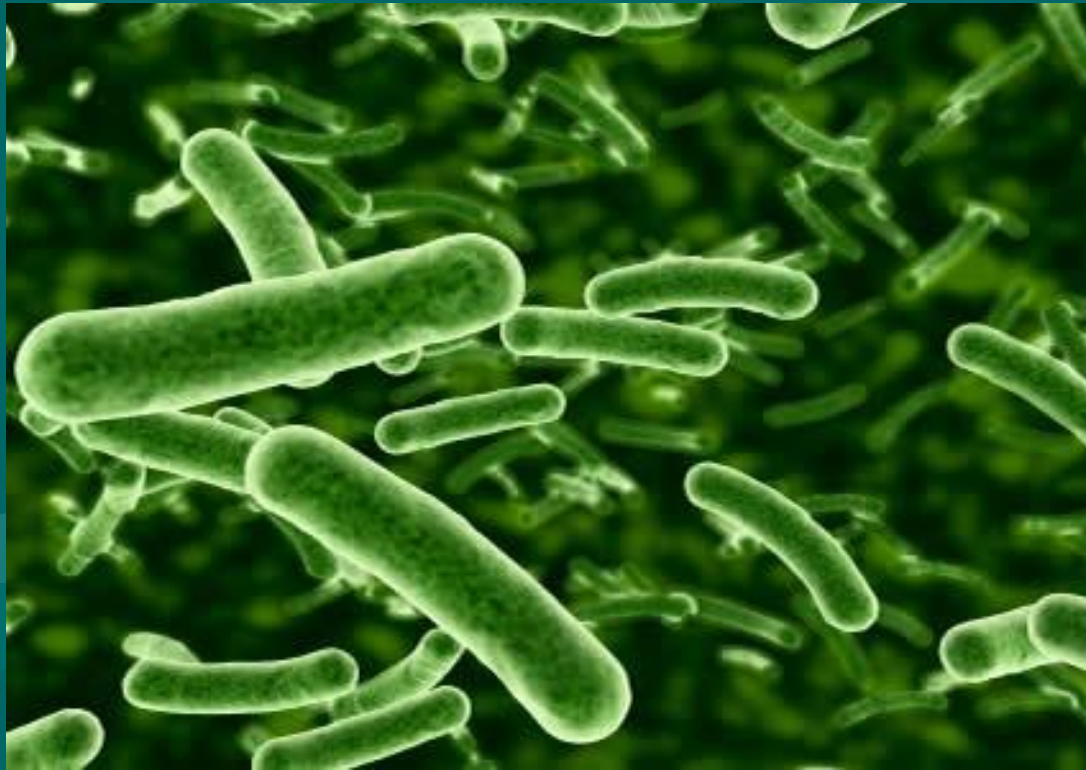
# 3. How can you make your diet healthier?



You can supplement it with  
vitamins



- 4. How can you reveal an illness?



- You can make some blood tests or undergo x-ray examination





- 5. If the government doesn't pay attention to social problems, what can we say?



- We say that it underestimates them.



- 6. What will your physician do if you turn to him with some eating disorder?



- He will refer you to the dietician/nutritionist.



- 7. How can you cope with weight gain?



- You can keep to a low fat diet and do more exercise.



- If your health improves gradually, what do you say?



- It's being rectified







- What will you recommend to your friend who has got lethargic, sullen and moody?



One Must Eat To Live  
Not Live To Eat.

Moliere

- I would advise him to abstain from junk food.