



Healthy food

chicken



vegetables



ice cream



chocolate



water



cheese



pizza



burger



lemonade



eggs



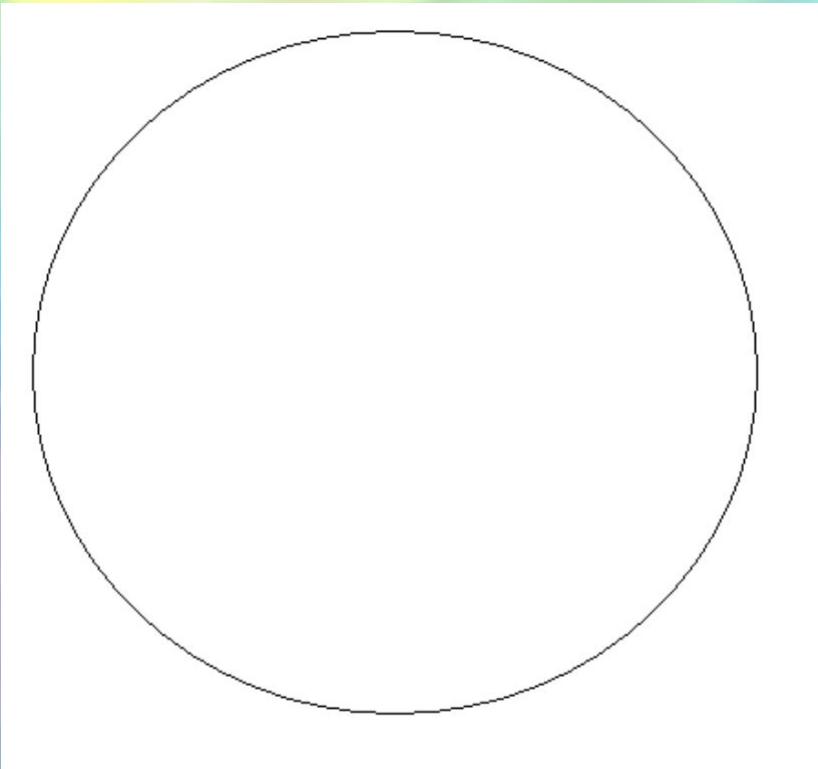
chips



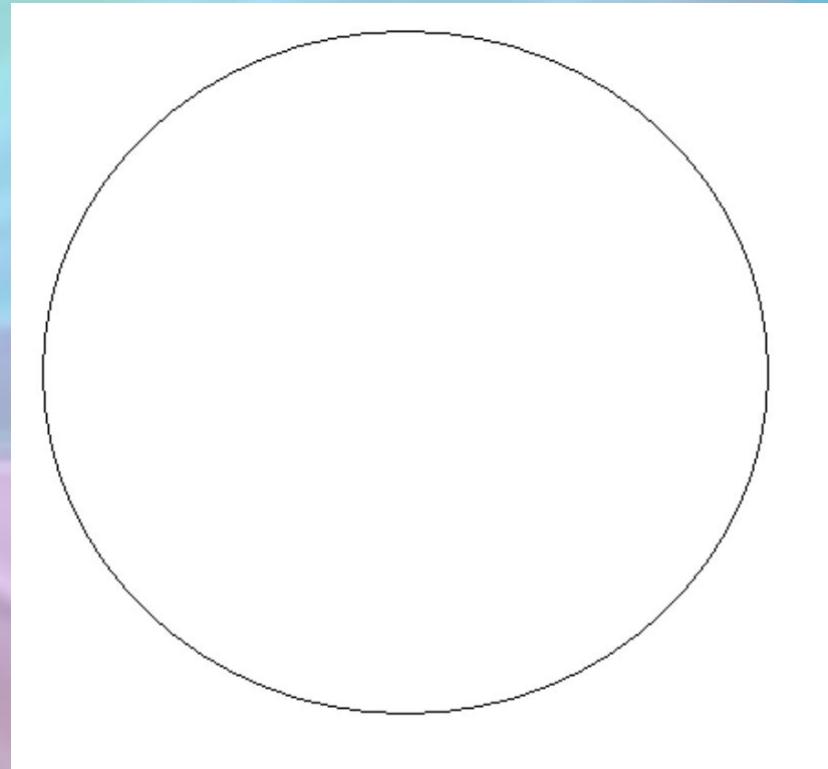
I like..... or I don't like.....

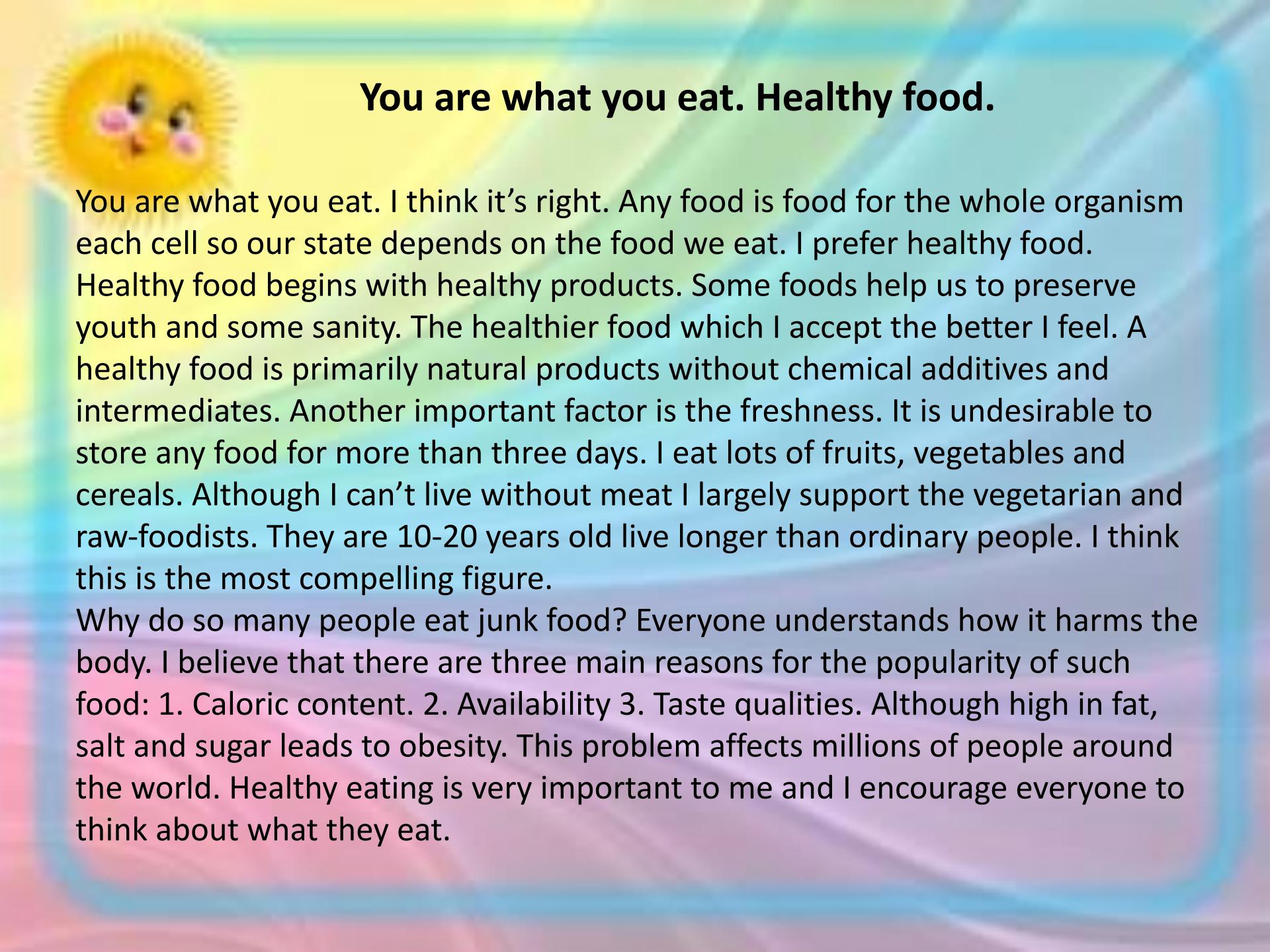


I like



I don't like





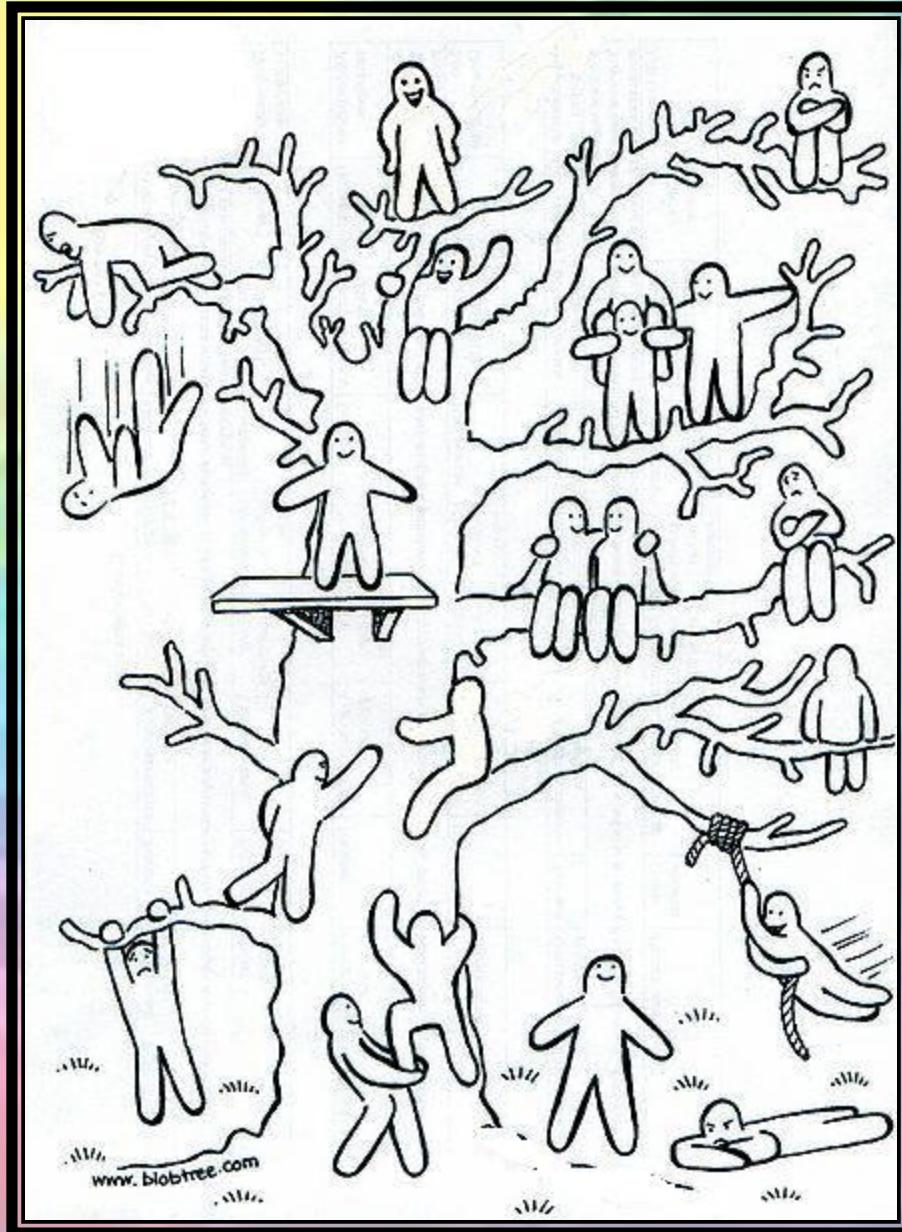
You are what you eat. Healthy food.

You are what you eat. I think it's right. Any food is food for the whole organism each cell so our state depends on the food we eat. I prefer healthy food. Healthy food begins with healthy products. Some foods help us to preserve youth and some sanity. The healthier food which I accept the better I feel. A healthy food is primarily natural products without chemical additives and intermediates. Another important factor is the freshness. It is undesirable to store any food for more than three days. I eat lots of fruits, vegetables and cereals. Although I can't live without meat I largely support the vegetarian and raw-foodists. They are 10-20 years old live longer than ordinary people. I think this is the most compelling figure.

Why do so many people eat junk food? Everyone understands how it harms the body. I believe that there are three main reasons for the popularity of such food: 1. Caloric content. 2. Availability 3. Taste qualities. Although high in fat, salt and sugar leads to obesity. This problem affects millions of people around the world. Healthy eating is very important to me and I encourage everyone to think about what they eat.



«V»	«+»	«-»	«?»
You should put a tick if you knew this fact before. (то, что вы считаете, соответствует тому, что вы знаете или думали, что знаете)	New information (то, что вы считаете является для вас новым)	Thought differently (то, что вы считаете противоречит тому, что вы уже знали или думали, что знаете)	Don't understand, have questions (то, что вы считаете, непонятно, или вы хотели бы получить более подробные сведения по данному вопросу)





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