

健康生活—饮食

(一) <u>正确的饮食习惯</u>是非常<u>重要</u>的。 吃得对，吃得好，<u>身体</u>才会健康。 我们不可以<u>挑食</u>，应该<u>确保饮食均衡</u>，身体才会有<u>足够</u>的<u>营养</u>。	It is important to have correct eating habits. We will only be healthy if we eat the right food and good food. We cannot be picky about food, we should ensure we have a balanced diet, so that our bodies have sufficient nutrients.
(二) 你<u>注重</u>饮食吗？你吃得健康吗？ 你希望身体健康的话，就应该多吃<u>新鲜</u>的食物，少吃加工食品。 加工食品<u>通常含有</u>多糖、多盐、多油。 你也应该少喝含糖饮料，<u>例如</u>汽水，而多喝无糖饮料，例如白开水。	Do you pay attention to your diet? Do you eat healthily? If you wish to be healthy, you should eat more fresh food, and avoid processed food. Processed food usually contain more sugar, salt and oil. You should also avoid sugared drinks, such as soft drinks. You should drink unsugared water instead, such as plain water.

(三) 很多年轻人爱吃快餐，例如薯条、汉堡和炸鸡。 他们觉得快餐<u>味道</u>比较好，但那些食物对身体<u>有害无益</u>。 因为多吃<u>油炸</u>的食物会<u>导致肥胖</u>，而肥胖会导致<u>慢性疾病</u>，例如<u>高血压</u>和<u>糖尿病</u>。	Many young people like to eat fast food, for example french fries, hamburgers and fried chicken. They feel that fast food taste better, but these food only cause harm to the body. Eating fried food will cause obesity, which will in turn cause chronic illnesses such as high blood pressure and diabetes.
(四) 为了方便，很多人都<u>选择</u>在外<u>用餐</u>。<u>然而</u>外面卖的食物很多都是多盐和多油的。 其实，在<u>小贩中心或咖啡店</u>用餐的时候，我们也可以吃得健康。 可以选择比较<u>清淡</u>的食物，例如鱼汤，<u>并且</u>向小贩<u>要求</u>少盐、少糖、少油。	Out of convenience, many people choose to have their meals outside. However the food sold outside are mostly high in salt and oil. Actually, we can also eat healthily when having meals at hawker centres or coffee shops. We can choose food that are lighter in taste, for instance fish soup, and ask the hawker for less salt, sugar and oil.