

Eating for a healthy body and mind

Both your body and your mind need you to eat healthily. You will only be (31) to do your best if you avoid junk food. But how can you tell what's good for you when you are surrounded by so (32) different products?

Firstly, you need (33) remember that foods with added sugar are rarely good for you. If you eat (34) much of this type of food, it can make you overweight and cause diseases like diabetes. However, if you feel like something sweet, there's (35) natural sugar in fruit and vegetables to provide you with what your body needs. These gifts from nature are packed with things like protein, (36) helps you grow, and vitamins to keep you healthy. If given a choice, you (37) definitely go for a fruit salad instead of a packet of biscuits!

Of course, we (38) like a plate of chips or a delicious kebab, don't we? They're cheap and you don't (39) to make them yourself. However, this also means that junk food can be addictive for some people. In fact, many young people are already addicted and they don't want to eat anything else. A (40) junk food is okay occasionally, but it should be a small part of a balanced diet.