

| Par. 1 | Par. 2 | Par. 3 |
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| PROBLEM & EFFECTS | SOLUTIONS & RESULTS | CONCLUSION |
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| <p>Fortunately, there are some solutions to this problem. First of all, it is a good idea to eat a proper breakfast. A good breakfast gives the body and the brain energy. As a result, it is easier for students to pay attention at school. In addition, I suggest bringing some healthy snacks to school, like fruit or nuts. This way, students will have something healthy to eat when they are hungry. Moreover, I recommend avoiding unhealthy snacks and fizzy drinks before meals. If teenagers do this, they might be hungrier when they sit down to eat a well-balanced meal.</p> | <p>In conclusion, it is not difficult to eat nutritious food. A few simple changes will help teenagers have some healthy eating habits which will soon benefit their bodies.</p> | <p>Nowadays, more and more teenagers make unhealthy eating choices. Young people, therefore, do not follow a healthy diet to help their bodies grow and develop.</p> |
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