

READ THE TEXT AND COMPLETE THE QUESTIONS.

Healthy Eating Habits

Eating healthy food is important for everyone. Healthy foods provide vitamins, minerals, and energy that help our bodies stay strong. Fruits and vegetables should be part of every meal because they contain many nutrients. Drinking plenty of water is also essential for good health.

Many teenagers enjoy eating fast food because it is quick and delicious. However, eating hamburgers, fries, and sugary drinks every day can cause health problems. Instead, students should choose balanced meals with vegetables, fruit, lean meat, fish, eggs, and whole grains.

Regular exercise is another important habit. Walking, running, or playing sports helps people stay active and healthy. Sleeping at least eight hours every night also improves concentration and overall well-being.

By making healthy choices every day, people can enjoy a happier and healthier life.