

Par.1	Par.2	Par.3
PROBLEM & EFFECTS	SOLUTIONS & RESULTS	CONCLUSION

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.	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.	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.
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