

Health Or Hell

6B Alan Man

A healthy lifestyle is important to us. You may get sick or even die if you have an unhealthy lifestyle. It is not too late for you to change your bad eating habits now! Let's start a new life from now on. I am going to tell you what a healthy lifestyle is!

A balanced diet is the key to staying healthy. We need many nutrients everyday, such as protein, vitamin, calcium and so on. They come from different kinds of food, which means we have to eat those different kinds of healthy food everyday. I am not saying you should eat as much as you can, of course you should stop when you are getting full! Do not think that the more food you eat, the more nutrients you will absorb. It is a really silly thought.

Exercise is another key to becoming healthy. You can play any ball game or do exercise in a gymnasium. These kinds of activities are what we call exercise. It is not so difficult, is it? Exercise helps us to burn fat. In other words, they are burning calories from excessive fats in our body to supply energy for us to have aerobic exercise or anaerobic exercise. We should do exercise at least once a week, because too much fat stored in our body is not a good sign.

Apart from doing exercise and having a balanced diet, staying away from fast food and soft drinks is also crucial! Junk food is also the main reason for having an unhealthy lifestyle. Junk food is high in calories but not nutrients, that's why junk food is not recommended.

I am sure now you understand how to lead a healthy lifestyle and how to choose your meal. Therefore you should keep having a healthy lifestyle from now on, and you will be far away from hell!

Teachers' Feedback : Leading a healthy lifestyle is certainly important and you give some good reasons why this is so. The essay is well thought out and organised well. (Mr. Elvin Tao & Miss

Subject *U.E.* Ruth Wong)

Food For Thought : *Can* one more reason be added to this essay and would it be better to combine the second and the fourth paragraph?

Class

Session

Life
 young people seem to have
 health. They think it is
 However, they have a bad
 and ailing. If