

To some extent do you agree with eating sugary foods?

We all know that too much sugary foods like chocolate bars and other kinds of wrapped sweets can cause not only diabetes, but also tooth decay. Eating sugary foods cause raises calorie intake and obesity. On the other hand, sugary foods may be enjoyable, but nobody likes toothache because it is very painful.

We did used to eat sugary foods in our childhood. And it seems that the more sugar we eat, the more we want. If we try to eat less sweet, sugary foods won't taste quite good for us, so ~~so~~, eating the amount of sugar depends on both our habits and meal plan.

We can reduce the consumption of sugary foods by raising taxes on buying these kinds of foods. Based on research, France has already adopted a sugar tax. They can spend that money from sugar tax on reforming health service. This is the way to improving health care with public money. Therefore, chocolate and confectionary will become more expensive and people buy less sugary foods. The other way to reduceing the consumption of sugar is eliminating vending machines with confectioneryary, soft drinks and sweet snacks in public institutions like schools, universities and hospitals. It/this measure plays a pivotal role in reducing sugar consumption.

To sum up, it is important to eat healthily when we are children. Good eating habits are the best way to reduce sugar consumption. Educational groups can help people to changeing children's taste so that they have proper nourishing.