

Some people believe that it is the responsibility of individuals to take care of their own health and diet. Others however believe that governments should make sure that their citizens have a healthy diet.

Discuss both views and give your opinion.

Give reasons for your answer and include any relevant examples from your own experience or knowledge.

Write at least 250 words.

The sensible eating plan has a unique role in a healthy life. In my estimation, everybody must take ultimate responsibility for their individual diets, whereas many people think that the government is the one those who should make sure that about the citizens are healthy' healthiness. This essay will examine both sides of this argument.

Nowadays, it's hard to get away from stress and preoccupation due to the pressure of works which is cause sd to inattention to our body and the diet. It has not only led lead to exhausted bored bodycharacter, but also a short _ lifetime. As such, if we eating unhealthy nutrients, the body gets sluggish and tired. As a result, we should be responsible for maintaining our health with by adjusting it to avoid eating junk-food or ready-meals. For instance, recently, in Iran, it has been illustrated many fast-food restaurants which where are filled by a huge number of people, but, admittedly, we can restrain our appetite and eat the healthily by consuming food such as stir-fried ying, steamed eding food or poach eding vegetables.

Further, many governments s around the world fine many restaurants where which aren't do not served wholesome meals. Meanwhile, in the poor countries it haven't hasn't been considered and the rate of poverty and grave illnesses are increasing day by day. Nevertheless, Despite the fact, supplying the different diagnostic tests are mandatory in these countries. Besides, individuals those who have the choice to be healthy and lively. For example, parents should make sure about their children's diet so that they whom do not absolutely get engrossed in junk-food.

In conclusion, I believe that although governments s have has an important role in encouraging society to healthy food, individuals must ensure about healthiness of their ingredients consumption as well as their diet.

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