

A balanced diet, or eating balanced meals, is the key to a healthy life. To what extent do you agree or disagree with this statement?

Give reasons for your answer.

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A balanced diet, or have balanced foods, is the path to have a healthy life, in my opinion this argument only cover~~sed~~ one factor~~s~~ from many others factors which helped people have a healthy life.

Firstly, scientists who have studied nutrition science have found that vegetarians, vegans, or people who eating only some kind of food and have a special daily diet do not have healthy body, because if we read the medical references, books or magazines about nutrition science, we understand that our bodies need all of nutritious n 's foods such as all kind of meats, dairy's productions, vegetables and fruits especially when we are younger, to support protein, vitamins, minerals and the other elements that our bodies need them to be healthy.

Secondly, some body eating all kind of foods that mentioned above, but in high volume, this behavioral habit cause to having high blood pressure, and increasing bad cholesterol. smoking cigarette and do not have any body exercise or living in pollution's area is very harmful for healthy.

Finally, it is not enough to focus only on a balanced diet, one thing that many people do not care about is to get stress out and be relaxing.

In conclusion, a balanced diet, lack of stress, have a daily exercises, avoiding from cigarette and alcohol's drinks or any things that harmed our body is helping to have a healthy body and subsequently have a healthy life.