

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

Nowadays, people who are paying attention to healthful life believe healthy diet and foods are important points. I strongly agree with this view because of the drawbacks of unhealthy foods and advantage of normal diet.

On the one hand, people enjoy eating fast food and junk, which ~~have~~has many calories and is unhealthy, in restaurants with their friends and families because this attitude is accepted as ~~a~~ daily fun. They like going to a restaurant with their friends and families in order to eat Pizza or Hotdog with fuzzy drinks and this hobby ~~have~~has changed their ~~favour~~taste and they cannot imagine ~~a~~ life without fast food. However, we can replace fast food, which ~~are~~consists of unhealthy materials/ingredients, with new kinds of healthy fast food such as salads or soups. These foods are delicious, healthy and can be balanced in daily food programs.

On the other hand, men and women who do not have ~~safety~~a safe diet are exposed to many disease and health problems. Unbalanced diet is very common in recent years as a result of less activity in daily life and huge amounts of energy which are taken in meals. That is why people will be faced with overweight and many diseases and problems in their life such heart disease, and blood pressure especially for ~~the men and women~~those beyond their 40's ~~who pass 40~~in their ages when they have to assign huge amounts of money and time for medicine and drugs.

Moreover, normal diet and healthy food lead people to have better daily life. People who do not have ~~not~~ overweight are more attractive than others. They have more choices in selecting clothes, doing sports and learning dance. That is why most of the youth pay attention to their food programs and weight.

In conclusion, I believe that everybody ~~have~~has to pay more attention to their health and food program, otherwise not only they will be devoid ~~from~~of a better daily life, but also they will face ~~with~~ overweight and diseases.