

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?

-Nowadays people care less about their health because they are busier. And sometimes they do not have enough time to make breakfast or lunch for themselves. And they are forced to eat out. Although I think with an organized schedule we can managed to cook for our-ourselves and we have a balanced diet

- at A glance at ~~the~~ society, we find out that the number of diseases like blood pressure, heart attack is increasing daily. The main reason of that is because of ~~bad-unhealthy~~ eating habits, such as fast foods, and not getting enough exercise and ~~do-not~~ have-having enough time to care about their health. The government should find a solution ~~for-to~~ this problem and give people time for doing exercise and give ~~schoolchildrenpeople~~ vitamins that they need monthly. However, people have a greater role in their health. Because at the end of the day they decide what kind of food to eat. They should set the