

Lesson Introduction

Eating healthy is very important for maintaining a healthy lifestyle. Treat your body well and your body will return the favor. Today we talk about choosing healthy foods over junk foods.

以防万一，可以考虑加入讨论组 <http://groups.google.com/group/chinese-learn-english>
(即便像上次 verycd 被停了也不会受影响)

如果 google group 被封锁了，可以想办法翻墙，也可以给 chinese-learn-english@googlegroups.com 发个信，系统可以手工加你的 email。