

Alternatives

Maintaining a healthy lifestyle	
Healthy living/behavior	A healthy style of living
Maintain good health habits	Being physically and mentally fit

A balanced diet	
Healthy eating	Good nutrition
A proper meal plan	The right nutrients

<p>Nutrition: تغذية</p> <p>Good/proper nutrition</p> <p>A healthy meal/cuisine/ menu</p>	<p>Nutritious= nourishing مغذی</p> <p>Nourishing meals / Nutritious food</p>
<p>Nutrient = ماده مغذی</p> <p>Is a source of important nutrients</p>	

Alternatives	
Inactive/sedentary/immobile lifestyle	Athlete/ player/ sportsperson a person involved in sports
Play with and against others Compete Engage in sports Participate in a match	Physical/mental/emotional wellness Welfare well-being healthfulness
Become unhealthy Develop physical problems/ health implications Be in poor health Develop a disease Lose one's health	Food – edible products Eat- consume- take in – absorb - digest
Increase life expectancy / enjoy life longer Have more opportunities to learn, grow, discover have time to pursue goals and dreams, time to volunteer and teach	government's duty to look after citizens provide high-quality medical training, health education, stimulate hiring by companies, grow economy, provide health insurance to all
Insurance: should be accessible to all, government subsidized	Empty calories foods (sugary drinks, fast food,) A major cause of obesity
Fad diet usually unhealthy and unsustainable. no carbs (bread, rice, etc.)	

Livestock(meat)	Crops (plants)
<ul style="list-style-type: none"> • immense space needed for grazing • more antibiotics and pesticides needed • increased pollution (land, water, air) • deforestation • expensive to farm 	<ul style="list-style-type: none"> • can produce more food for more people • cheaper to maintain and harvest, • fewer pesticides and hormones

Government Health Budget	
Prevention	<ul style="list-style-type: none"> • short-term expensive but long-term cost efficient • increase scholarly work at university /find cure for cancer • address before too late (diseases) /save future lives • if can prevent don't need to treat • Spend Tax revenues • government's duty to look after citizens • provide health insurance to all, • reduce waste
Education	<ul style="list-style-type: none"> • teach kids better habits to have healthier adults • teach good habits that help avoid injury, illness, contagion; • proper hygiene (washing hands, • proper dietary choices, • , importance of medical checkups, exercise, physical activity • emergency procedures (first aid, CPR, 911

Athletes' High Salaries	
Agree	<ul style="list-style-type: none"> • hardworking, gifted/talented so should be rewarded like smart people • limited time to make money. They have short professional career duration/length. • promote companies' products • role models for young children • provide jobs (stadium workers, vendors, caterers, etc.), athletes usually aid charities
Disagree	<ul style="list-style-type: none"> • wrong message to kids, excuse not to study hard • short career • must be elite to be paid well (amateurs make little • injuries can end a career quickly and money can't buy comfort • money better spent elsewhere (education, health, development)

Sports	
Cooperation	<ul style="list-style-type: none"> • teamwork, strategy, • communication, overcome shyness, make new friends, understand and develop relationships

Competition	<ul style="list-style-type: none"> • learn to strategize, discern weaknesses in others, be aware of own strengths, • real world (compete for jobs, positions, status, housing, etc.) • hone skills, • self-esteem, self-confidence •
--------------------	---

Forced Exercise for Kids and Workers	
Agree	<ul style="list-style-type: none"> • healthy students study better and are more disciplined and focused achieve more • workers are more efficient and productive, fewer sick days and absences • establish good habits
Disagree	<ul style="list-style-type: none"> • freedom of choice • time spent exercising is time wasted not working or studying • possibility of injury and consequent insurance costs • can turn off some potential employees,

Obesity	
Causes	<ul style="list-style-type: none"> • diet (fast food, junk food, snacks, fatty foods, trans fats) • eating schedule (midnight snack • lifestyle (sitting, sedentary, inactive), video games, television, lack of exercise, • too much homework (sitting) • bad role models (obese teachers and staff) • office jobs, not enough breaks, breaks /too short to spend exercising, overworked and too tired, stress / stress eating which is a coping mechanism • body shaming leads to low self-esteem
Solutions	<ul style="list-style-type: none"> • educate children about good nutrition, teach active habits, , encourage sports, outdoor activities, • limit screen time (video games, TV, etc.) • acceptance of varieties of body types • present realistic targets (ads with normal models, celebrities speaking up against body shaming)

Technology	
Benefits	<ul style="list-style-type: none"> • radiation therapy/laser surgery • longer life expectancy, better quality of life, • less suffering • help more people, cure diseases, treat wounds more efficiently, save lives, • better hygiene, cleaner water and air
Lifestyle detriments	<ul style="list-style-type: none"> • people take less care thinking machines will save them, • sometimes cause other problems (radiation causes other issues), side effects • misuse (gene modification, selective births, organ market) • , cost help the rich more than the poor, costs are outrageous

Personal Habits & Responsibility	
Bad & Good Habits	<ul style="list-style-type: none"> • eat fatty foods, sitting for long periods (school, office), sedentary lifestyle • smoking, drinking, drugs • staring for long durations at a screen (computer, TV, phone, etc. • healthy eating, exercise • stretching regularly, annual physicals, checkups, • proper hygiene
Responsibilities	<ul style="list-style-type: none"> • Children: • mimic adults, don't see long-term effects, , need guidance, • Adults: • should pay for consequences of hazardous actions • firefighter, construction worker have dangerous/high stress/physically demanding jobs should be looked after by employer (health insurance)

Restaurant food vs. Home-cooked Meals		
Home-cooked meal	<ul style="list-style-type: none"> • quality control, cost control, select ingredients and products, know what eating • minimize salt and fats, • find recipes online, • cultural/traditional foods 	
Restaurant	<ul style="list-style-type: none"> • PROS • food handlers (wash hands, clean kitchen, care for meats, dairy, fish, etc.) • cooking and cleaning by others, break, convenience, fun, • save time, young people/students don't know how to cook, • don't need equipment • FOR ECONOMICS • high-employment industry with high sales • young people, seniors, and unskilled workers can find part-time jobs • help other businesses (movie theaters, sporting events, local neighborhoods) • job creation • 	<ul style="list-style-type: none"> • CONS • higher cost • junk food • lower quality ingredients, high in fat, • high calorie count • empty calories, no nutrition, • higher risk of heart disease
<ul style="list-style-type: none"> • 		

GMO	
Agree	<ul style="list-style-type: none"> • longer-lasting, • more attractive fruits and vegetables to induce kids to eat • can transport over longer distances, • , global reach for products, helps economy
Disagree	<ul style="list-style-type: none"> • hormones, additives, injections • long-term effects as yet unknown • trust issue with consumers • no more seasons for products so less appreciation
<ul style="list-style-type: none"> • 	

Healthy Image	
Overly-thin (skinny) models	<ul style="list-style-type: none"> • wrong message to young girls is to be thin • runway models, cover models, create social standard that thin is attractive, • unhealthy lifestyle, do not represent the majority • might lower some people's self-esteem
Normal/average	<ul style="list-style-type: none"> • represent the average, promote healthy body image, • promote self-confidence, • The ideal is • , food in moderation, exercise, healthy diet, good self-image • balanced lifestyle, cheat days, enjoy life,

Olympics: Amateur vs. Professionals	
Games	<ul style="list-style-type: none"> • big business, sponsorships, • national pride • often accused of corruption, biased judging, taking bribes, doping (performance-enhancing drugs), cheating
Amateurs	<ul style="list-style-type: none"> • passionate, determined, proud, represent one's country • get sponsors, break/set records • not famous before games but national heroes after
Professionals	<ul style="list-style-type: none"> • grow the sport, • don't do for money but national pride, • major draw/attraction, sell tickets, increase TV viewership • risk injury and careers

Miscellaneous	
Water	<ul style="list-style-type: none"> • up to 60% of human body is made of water, most of earth is covered in water, essential for life • irrigation systems, agriculture help, • fight drought, famine • can produce electricity • industry, pollution, sewage
Cost of sports	<ul style="list-style-type: none"> • equipment/ facilities • soccer is cheapest and most popular
Government & food	<ul style="list-style-type: none"> • food waste, promote composting • enact laws (ban chemicals as preservatives, protect consumers from harmful materials, hormones, additives, pesticides), • help local agriculture and livestock farmers • boost trade with neighbors

Modern lifestyle	<ul style="list-style-type: none"> • fast pace, fast food, smartphones with streaming, video games, • long workdays • everyone drives, need to encourage riding bicycle to work, • superficial/unfulfilling relationships
Pharmaceutical industry	<ul style="list-style-type: none"> • big business, • side effects, animal testing, • high costs, • excessive (prescribe more drugs than necessary),
Animals	<ul style="list-style-type: none"> • fight loneliness (seniors) • develop responsibility in children • animals, need to be taken care of • can carry diseases, • provide companionship

Examples
<ul style="list-style-type: none"> • budget for health care is spent on prevention, with the bulk allotted to treatments and other expenses.
<ul style="list-style-type: none"> • over 14% of all high school students have considered suicide, while almost 7% have attempted it. • bullying victims are 2 to 9 times more likely to consider suicide • This supports the idea that mental health is as serious an issue as physical well-being
<ul style="list-style-type: none"> • people who actively participate in sports develop stronger hand-eye coordination and in the long-term a superior attention to detail.
<ul style="list-style-type: none"> • graduates with a background in sports have a higher degree of strategizing abilities that translate into successful business careers.

<ul style="list-style-type: none"> • This idea is supported by scientific polls in which participants were asked whether they would be more inclined to buy healthy foods if the prices were more affordable;
<ul style="list-style-type: none"> • significantly reducing the intake of red meats greatly lowers a person's cholesterol level and consequently his or her risk of heart attack.
<ul style="list-style-type: none"> • some of the larger food chains, including McDonald's, do in fact contribute to a population's health
<ul style="list-style-type: none"> • He had been a national champion during his own college playing days, and so he knew not only how to motivate our team, but how to get us to work together toward a common goal • as a team leader in my company, I employ many of the techniques he used with us on the field.
<ul style="list-style-type: none"> • I was a shy kid with low self-esteem • Being a part of a team provided me with the opportunity to make new friends, engage in something that I was good at and that raised my level of confidence, and learn what it means to be a winner.
<ul style="list-style-type: none"> • a young girl whose parents come from a culture that views extra weight as a sign of prosperity. • Change the culture in her home until her parents are educated as well, and this will only occur as a result of the government's outreach
<ul style="list-style-type: none"> • consider the figure skater who works out for 14 hours every day • this competitor will never earn nearly as much as a basketball or soccer player, yet he will continue for the love of the sport and the ability to reach a goal.
<ul style="list-style-type: none"> • a person who daily takes vitamins in pill form • get his body's required supplements
<ul style="list-style-type: none"> • foods these days are not as nutritious as they had been in the past due to additives and preservatives.

Reasoning and Phrases

Violence in Sports

- They often claim that their athletes are very passionate and competitive and that **these attributes often manifest themselves in emotional outbursts.**
- young fans who see these stars being excused for their actions assume that these actions are somehow acceptable.
- they need to demonstrate to their young fans that not only is violence not appropriate in the game, it is absolutely intolerable in civil situations.
- introduce **a zero-tolerance policy** for violent behavior
- they are fully responsible for their actions.
- it would ensure that all players, regardless of contract size or star power, are treated with equal severity.
- an elite football player
- his actions will be **met with justice in the same manner as** an unknown **player**
- include a clause in their contracts that **automatically suspend all agreements** with a player if he is charged with a violent crime.
- **Companies that do not adhere to these rules should be prohibited from** working with other athletes
- actions will show that professional sports teams care about the well-being of their young fans, not only about profits.
- help create a better and safer society for all of us.

Pride Vs. Money and profit in international sporting competition

-

schools should take more responsibility for the health of today's children.

Pets and child's development

- A child that grows up in the city has few opportunities to develop an attachment to nature.
- Having a dog at home, or a cat, a fish, or even a snake, allows the child to see and engage with things that are not natural to urban settings.
- child that grows up with a pet learns earlier in life about the concept of the Other
- Animals are living things, not store-bought toys that can be discarded.
- a child mistreats his dog, his dog will mistreat him.
- , he will learn responsibility by having to feed the dog regularly, walk it, bathe it.
- he has to treat others well if he wants to be treated well by them.
- child that grows up with a pet will probably be an adult well suited for a social life that demands responsibility and duty to others.

person can maintain a healthy diet despite the use of these chemicals

Should companies be able to force their staff to participate in daily exercise

Animals and their Use for experiments

vegetarians and vegans are helping the world by their actions?

Government or parents responsibility ?