### Food

Everyone is eat food at least one a day but look for something different in a meal. Such as nutritional value or taste. Nowadays, Most people say some people that the taste of food is much more important than its nutritional value. For my point of view, In generally nutritional value is better option. It is a lot of reason for this.

Firstly, food is important for healthy every time. I think things taste good are generally not healthy. Such as pizza, hamburger, chips and thing like that. They all harm the body in different ways. Things with high nutritional value is improve the quality life and It even affects psychological health.

Good psychological heat mean good like and body. Therefore a balance diet is very important for this reasons. Of course thins taste good is eat but as much as possible least. Too much of anything is harmful.

Secondly, there is another reason why I disagree with this view. In my opinion, things good taste is gain weight when it is exaggerated. Overweight is bad affect for life quality. This is restrict what can I do. No one want this. Overweight is also causes problems in older ages. This will lead to regret later. We have to carefully every time for this.

Consequently, as I have expressed my opinions with my reasons above, I disagree with the idea that nutritional values absolutely important as eating can causes problems. Balance always is important.

### Food

Everyone eats food at least once a day but looks for something different in a meal, such as nutritional value or taste. Nowadays, most people argue that the taste of food is much more important than its nutritional value. From my point of view, in general, nutritional value is a better option. There are a lot of reasons for this.

Firstly, food is important for health all the time. I think things that taste good are generally not healthy, such as pizza, hamburgers, chips, and things like that. They all harm the body in different ways. Things with high nutritional value improve the quality of life, and they even affect psychological health. Good psychological health means a good life and body. Therefore, a balanced diet is very important for these reasons. Of course, things that taste good can be eaten, but as much as possible, at least. Too much of anything is harmful.

Secondly, there is another reason why I disagree with this view. In my opinion, things that taste good cause weight gain when consumed excessively. Overweight is a bad influence on life quality. This restricts what I can do. No one wants this. Overweight or obesity also causes problems in older ages. This will lead to regret later. We have to be careful every time for this.

Consequently, as I have expressed my opinions with my reasons above, I disagree with the idea that nutritional values are absolutely important, as eating can cause problems. Balance is always important.

**TEACHER NOTE:** I guess it is better to change the Conclusion Paragraph. I corrected some minor issues and stick to your essay. However, to make the Conclusion Paragraph a bir clearer, I offer an alternative below:

"In conclusion, as I have expressed my opinions with my reasons above, I strongly believe nutritional value is more important. The reasons I shared above emphasize the long-term benefits of choosing a balanced and healthy diet for our overall well-being. Finding a good balance between enjoying tasty meals and making healthy choices is crucial. In the end, it is the mix of good taste and nutritional value that helps us lead a healthier and happier life.

# **Global Warming**

Everybody knows that, nowadays there is a lot of problem in the world. Such as global warming, war, dearth and things like that. Therese will create problem in the future. But most people say global warming is the most important problem of the world we live in. For my point of view, global warming is a problem even big problem. But it is not the most problem.

Firstly, global warming absolutely big problem. I can agree with this idea. But global warming is not a lot of affect in this time. There are not more affective problems today. Nowadays I can telling e lot of problems. I can tell you many problems about today. Such as poverty, various diseases and etc.

I think these problems should be solved before. If we are not solved these problems, we will have more difficulties in the future with global warming.

Secondly, there is another reason why I disagree with this view. I think people is exaggerate

global warming for advertising and money. False information spreads fast these days and the people using this. They do not have enough information. They explain what is happening in a big way. Because of this problem. The people think global warming is the most problem.

Consequently, as I have expressed my opinions with my reasons above, I disagree with the idea that global warming have to solved at the later. We have more significant problems.

### **Global Warming**

Everybody knows that nowadays there are a lot of problems in the world, such as global warming, war, famine, and things like that. These will create problems in the future. But most people say global warming is the most important problem in the world we live in. From my point of view, global warming is indeed a big problem, but it is not the most significant problem.

Firstly, global warming is undoubtedly a big problem. I can agree with this idea. However, global warming does not have a lot of impact at this time. There are more pressing issues today. Nowadays, I can mention many problems, such as poverty, various diseases, and so on. I think these problems should be solved first. If we do not solve these problems, we will face more difficulties in the future with global warming.

Secondly, there is another reason why I disagree with this view. I think people exaggerate global warming for advertising and money. False information spreads fast these days, and people use this. They do not have enough information. They explain what is happening in a big way because of this problem. People think global warming is the most significant problem.

Consequently, as I have expressed my opinions with my reasons above, I disagree with the idea that global warming has to be solved later. We have more significant problems to deal with."

## **Special Occasions Food**

Nowadays, we have a lot of event. Such as wedding, birthday etc. We want to celebrate to the most good and we made a lot of thing. For example food, song, dance, singer and things like that. But most people say food is the most important element o special occasions. For my point of view food is important for celebration but not the most so I disagree with this topic.

Firstly, we want a lot of people for our events. Personally, I would definitely my close circle. This people have to be good when in my party. I think this does not just happen food. First of all, a good welcome. The first impression affect the rest of the party. This people feel like my family. Even one bad person spoils the whole atmosphere.

Secondly, there is another reason why I disagree with this view. In my opinion, if the party be with a food, most of the food thrown away. This people is never eat entry food and I am sure that ,there is no single type of food . I think this is so important and bad. We should be think that.

Consequently, as I have expressed my opinion with my reasons above, I disagree with the idea that. There are things important than food. This important thing is that people feel comfortable and happy.

# **Beyond Food at Special Occasions**

Nowadays, we have lots of events like weddings and birthdays. We want these celebrations to be great, preparing things like food, music, and more. But many people say food is the most important part. I do not agree. From my point of view, food matters, so food is important for celebrations, but it is not the most crucial.

First, we want good people at our events, especially from our close circle. They should bring positive vibes. It is not just about the food. A warm welcome is the start. The first impression sets the mood for the whole party. These people should feel like family, as even one person with a bad vibe can spoil everything.

Secondly, there is another reason why I disagree with this view. In my opinion, if the party is focused only on food, most of the food is thrown away, as not everyone eats every type of food. I believe this is important to consider and is not ideal. We should be mindful of this.

Consequently, as I have expressed my opinion with my reasons above, I disagree with the idea that there are things more important than food. The crucial thing is that people feel comfortable and happy.