

## **NUTRITION**

These days,some people indicate that taste of food is more important than nutritional value.On the other hand some people indicate that nutritional value is more important taste of food.In this essay,I will explain this topic and I will explain why with results.

According to surveys,which made in this topic 45% of people believe idea of nutrition value is more important than taste of food or meal.According to other surveys,which made in this topic 55% of people believe idea nutrition al more important than taste of .

From my point of view,nutrional value is more important than taste of food.Because our body need protein,corbohydrates,lipids.So we should prefer nutrition which behigh of protein,protein,corbohydrates,lipids.Particulary,our body need proteins.Because our body consist of protein.

To sum up,as I have indicated above,people have diffrent opinions about foods.However ,nutritions is significant for us and we should prefer foods which high nutritional value.Also we eat regularly.

## The Balance Between Taste and Nutrition in Our Diet

These days, some people argue that the taste of food is more important than its nutritional value, while others claim that nutritional value is more significant. In this essay, I will delve into this topic, explaining the various perspectives and providing reasons to support my stance.

According to surveys on this matter, 45% of people believe that the idea of nutritional value is more important than the taste of food or meals. Conversely, in other surveys on the same topic, 55% of people emphasize the importance of nutritional value over taste.

From my point of view, nutritional is more important than the taste of food. Our bodies require essential elements such as protein, carbohydrates, and lipids. Thus, we should prioritize nutrition that is rich in protein, carbohydrates, and lipids, given that our bodies predominantly consist of these components, especially proteins.

To sum up, as I have indicated above, people hold different opinions about foods. However, nutrition is significant for us, and we should prefer foods with high nutritional value. Additionally, maintaining a regular eating schedule is crucial.

**Teacher Note:** *Although I have changed some parts of the original essay, that does not mean some phrases in the original essay were wrong, I changed to make it clearer or to show some alternatives. I have corrected some errors and did some minor changes.*