

45 Mbinza Kisenso Kinshasa

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Dear dietecian, it's a pleasure for me to write to you in this particular time. I want to ask you just 3 questions regarding my country's diet.

The first question is because in my country we eat many frozen meat, do you think that these kind of food may affect us in a bad way ? Second question, in my country realy love to eat vegetables, what do you think about it ? The third is, we are bombard with plastics juice, People still drink it every day, every where you can find these bottle of juice made of orange, and other fruits such as banana and so on, but it has also sugar and much colorant. What do you think about these kind of diet ?

And here, I want give you three suggestions that can help on how to make your country's food healthier. First of all, I think meal should be well cooked and here I mean frozen meat because its can cause many health damage. Second, avoid plastics juice and three we need to eat a lot of vegetables because there are healthy.

Your sincerly,