

# Alternative (n.)

If we start to eat less fast food and seek **alternatives** to our daily meals, I am confident that a larger percentage of the population will enjoy greater health physically, spiritually and emotionally.

# **Spiritually** (adv.)

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## **Exacerbate** (v.)

Having discussed that our dramatic shift from traditional food to unhealthy fast food not only destroys the essence of family gatherings at the dining table but also **exacerbates** people's health condition, it is my conviction that it is high time we considered the possibility of removing fast food from our everyday lives and took better care of our bodies.