

Time spent in an English-speaking country: 3 months

Age: 22

Semester: 7

Faculty: Education College

Topic: Healthy food

Original Text:

Title: Healthy food

Healthy food is important for body to keep your healthy and eating healthy food became the body more healthy and Healthy food rich to vitamins and proteins

They are more effects of the body became the body free diseases for Example eating vegetables is consider healthy food because contain on the vitamins and proteins and Iron material and healthy food is strong for muscle body and teeth and it is useful for children to grow and increase to build the body and healthy food has physical benefits it is improves clear thinking and improves concentration and has mental benefits to helps understanding eating healthy food cooking in the home is best from the fast food because the fast food is non useful for healthy, you must eat healthy food for Example fruit is more rich vitamin c because the healthy food is more important for body you must eating the healthy to be most healthier.