

Time spent in an English-speaking country: None

Age: 20

Semester: 4

Faculty: Education College

Topic: Healthy food

Original Text:

Title: Healthy food

Healthy food it is important in our bodies so you must eat health food. Helps to make strong bodies and become fine. There are many types of healthy food its like sea food, vegetable, fruits. to keep on health heart and mind health one of things important eat health food drink a lot of water and eat fruit etc. because is including protien, vitamins, calcium and carbohydrate, It prevents some diseases example diabetes, pressure disease etc.

you must realize importance healthy food in our life.