**Topic 4: Your eating habbit**

For my daily meals, I usually eat a mix of protein, carbohydrates, and vegetables to keep it balanced. I usually eat healthy, but sometimes I eat unhealthy foods. Healthy eating means having lots of fruits, vegetables, proteins, etc. And the unhealthy habit is consuming too much sugar, oil, etc. I've heard of the vegetarian diet, which means eating fruits, vegetables, tofu, etc. I think my grandparents ate healthier because in their time, there weren't as many processed foods available, and they mostly consumed simple, homemade meals that were very good for health. In my country, there are healthy options available, but fast food is becoming more popular, affecting our eating habits. I want to cut down on sugar and eat more organic food. Although organic food costs more because of its complex production. Traditional Vietnamese foods often contains plenty of vegetables, proteins. Some foods can have too much oil or sugar. Overall, these foods can be healthy, but it's important to maintain a balanced diet for good nutrition.