**TOPIC 4: YOUR EATING HABITS**

Hello teacher. My name is Minh. I'm 21 years old. I'm a student at FPT Polytechnic College. I'm majoring in software development. Today, I would like to talk about my eating habits.

First of all, I want to share with you about my food passions. I’m crazy about KFC fried chicken. I eat it every weekend. I eat it at KFC with my family. I like it because it's delicious and has a lot of protein. When eaten, it tastes salty and crunchy. I don't like eating seafood because I'm allergic to it. I used to be crazy about junk food but now I'm not anymore because it affects my health.

Secondly, I would like to talk about my eating habits and health. I usually eat rice with meat or eggs and some soup for daily meals. I'm not someone with healthy eating habits because I often eat greasy foods. An example of healthy eating habits is not skipping breakfast and eating lots of vegetables. An example of an unhealthy eating habit is eating undercooked food. I've heard about a diet that only eats green vegetables and drinks filtered water. I usually eat organic food. I think it is better than regular food because science has proven it provides more nutrition. Organic food is more expensive because it is grown safely and without pesticides. Eating habits will affect your health. If you eat greasy foods, you will be more susceptible to cancer.

Finally, I would like to talk about traditional Vietnamese food. The traditional food in my country is pho. Includes pho, meat, onions and broth. It has the chewiness of pho noodles and the richness of broth. I think pho is very healthy.

In conclusion, I would say that eating habits are very important to one’s health. That is why I used to eat a lot of junk food but now I don’t. I try to eat healthier so that I will have better health. That is the end of my speaking. Thank you for your listening.