

Task 2: Healthy diet is a nutritional lifestyle that promotes good health. A good diet must include several food groups because one single group cannot provide everything a human needs for good health. They are vitamin & mineral (their nutrients are vital for your body to function well), protein (we need it for the building and repairing of tissue in our body), fat or sugar content.... According to many studies, the USA ranks last among industrialized countries when it comes to preventable deaths- many of these deaths are due to poor diet as well as lack of exercise. If you have good health, you can lead a better life. Change your eating, change your life, because healthy diet is very important for you.