Hello teacher and all friend my name is Trung . I am 19 year old this year . Today I talk you about my Fitness and eating habits. About sport: I am a sports lover I like playing football and my often play in my free time . Football help me fell stronger and more comfortable after class and it also help me make me new friend . About the diet : I usually eat eggs and meat because it’s good for the body . I do not like wine and beer because it is not good for health I think fast food is bad for health and lead to obesity . thank you for listening