TOPIC 2: YOUR FITNESS AND EATING HABITS

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Today, I would like to talk about my fitness and eating habits. I think I'm in good shape. Because I feel healthier and better than ever. I usually play football to keep myself in good shape. I usually play with my friends once a week at the football field near my house. Sometimes I also play volleyball with everyone at the culture house every morning when I don't have a schedule at school. To have a good body, not only do sports but also eat in moderation. I often eat rice with my family with healthy dishes consisting of lots of vegetables and some protein foods. Sometimes I don’t eat fast food like instant noodles, hamburgers, and pizza because it is not good for my health. I think I need to restrain myself because of my unhealthy eating habits. So, I think I should also have a suitable diet to have good health. It's the end of my topic.