PROJECT:"YOU ARE WHAT YOU EAT".

The title of my project is "You are what you eat". I have chosen this project because I eat a lot of junk food and I want to correct this by making arguments about why I should eat healthy food.

- I want to start by saying that what we eat affects our health, well-being, mood, and more.
- The problem is that many people continue to eat fast food, like pizza, burgers with a huge amount of harmful sauces. This leads to weight gain, fullness, various diseases and a bad effect on appearance.

If you eat properly, eat food that contains a sufficient amount of protein, fat, carbohydrates, as well as vegetables and fruits, whole-grain bread and much more, you will feel great.

What should be excluded from the diet? Fast food, soda, pizza, a huge amount of chocolate, chips, ready-made food, semi-finished products. Do not skip meals, you will lose energy and feel bad.

Do not eat according to unhealthy diets, following which you eat only fruits, vegetables and water. This can lead to diseases such as anorexia, etc.

If you eat right, you will be alert, energetic, attentive, focused, in good shape, and more susceptible to physical activity.

SO, WHAT LIFESTYLE DO YOU CHOOSE?