

تم تحميل هذا الملف من موقع المناهج الكويتية



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الملف تقرير عن الصحة

موقع المناهج ← المناهج الكويتية ← الصف العاشر ← لغة انجليزية ← الفصل الأول

روابط مواقع التواصل الاجتماعي بحسب الصف العاشر



روابط مواد الصف العاشر على تلغرام

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المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الأول

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Outline

The importance of healthy food

Introduction:

Health is very precious and of great value for those who know its importance. However, Junk food is very risky for our bodies.

Body:

Paragraph (1): The importance of healthy food.

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- necessary for the healthy body.
- keeps us mentally and physically healthy.
- competing diseases
- improve the immune system

Paragraph (2): The risks of having junk food

- having much sugar and fat
- causing diseases (obesity)
- harming the heart
- affects our bodies and shapes badly

Conclusion:

We should eat healthy food as is it very important for a healthy life. We should also avoid junk food to keep in tip top ship.

The topic

Health is very precious and of great value for those who know its importance. Junk food is very risky for our bodies.

First of all, healthy food is very important as it has many benefits. It keeps our bodies strong and fit. In addition, it gives us feeling of complete physical, mental, social well-being. A good health keeps us away from the diseases and illnesses. The loss of good health causes loss of all happiness. Moreover, a good health helps us to live a good, balanced, and healthy life. Healthy food improves our immune system. It helps our bodies overcome the dangerous viruses. More important still, by healthy food we can have tip top shape bodies. We must pay attention to the food we eat and the water we drink.

On the other hand, junk food is very dangerous for our health. It contains many harmful substances. Junk food is full of sugar and fat as they cause fatal diseases. Arthritis and obesity are famous diseases nowadays. Many people suffer from these diseases because of having fast food. These kinds of food may affect our hearts and lungs badly. They prevent our inner system to work correctly. Besides they may affect our brains. Having these kinds of food can change our bodies and shapes. We may be out of shapes and pale. Avoiding junk food will improve our health.

Finally, We should eat healthy food as it is very important for a healthy life. We should also avoid eating junk food as it contains harmful substances.