

تم تحميل هذا الملف من موقع المناهج الكويتية



الملف تقرير عن الطعام الصحي (2)

[موقع المناهج](#) ← [المناهج الكويتية](#) ← [الصف العاشر](#) ← [لغة انجليزية](#) ← [الفصل الأول](#)

روابط مواقع التواصل الاجتماعي بحسب الصف العاشر



روابط مواد الصف العاشر على تلغرام

الرياضيات	اللغة الانجليزية	اللغة العربية	التربية الاسلامية
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المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الأول

كتاب الطالب في مادة اللغة الانكليزية	1
مواضيع التعبير لصف العاشر	2
مذكرة قواعد رائعة ومفيدة في مادة اللغة الانكليزية	3
الكلمات الجديدة بالترجمة في مادة اللغة الانكليزية	4
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Introduction

- Hook : The greatest wealth is health
- - Thesis statement : This essay will show the benefits of following a balanced diet and how we can improve our eating habits.

Body one : The benefits of a healthy diet

- Topics sentence
- Supporting ideas
 - A healthy weight
 - Prevent diseases
 - Improve your memory
 - Strong teeth and bones

Body two: How to improve our eating habits

- Topics sentence
- Supporting ideas
 - Keeping a food diary
 - never skip breakfast
 - drinking water
 - follow a healthy diet

Restating the thesis: as previously stated we come to the conclusion that to live a healthy lifestyle you should follow a balanced diet and improve your eating habits because they are very important and have a lot of benefits.

Recommendation: always remember' we are what we eat'

'The greatest wealth is health'. Healthy eating is the right choice for everyone's body. A balanced diet is a diet that includes every category of nutrients in it. This essay will show the benefits of following a balanced diet and how we can improve our eating habits.

There are many benefits to the body when people eat healthy food. Keeping a healthy weight, preventing health problems and enduring more energy are some of balanced diet. Eating healthily helps them have a healthier body and prevent diseases and other risks to the body. In a word, following a balanced diet is very important.

It is very important to improve your eating habits. You have to follow a healthy diet. Also, you should always keep a food diary for a few days. Try to drink water instead of high-sugar drinks. Don't ever skip your breakfast. All in all, improving our eating habits is necessarily to live a healthy lifestyle.

As previously stated, We come to the conclusion that to live a healthy lifestyle you should follow a balanced diet and improve your eating habits because they are very important and have a lot of benefits. Always remember 'we are what we eat'.

