

تم تحميل هذا الملف من موقع المناهج الكويتية



الملف تقرير عن الطعام الصحي والوجبات السريعة

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روابط مواقع التواصل الاجتماعي بحسب الصف العاشر



روابط مواد الصف العاشر على تلغرام

[الرياضيات](#)

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

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## Healthy Food

healthy food keeps us away from diseases . we feel relaxed , and stress-free when we eat nourishing food because we know we are feeding something healthy and good to our bodies . Health is wealth , eating healthy food and following a healthy lifestyle can keep us healthy and happy .

## Fast Food

But these meals have a lot of damage, they cause many health problems and diseases, and we will mention some of the damage caused by fast food to human health. It is known that fast food is very rich in calories, and contains a lot of unhealthy saturated fat, which the body does not consume as an energy, but stores in the tissues, which causes an increase in weight and obesity, and increase the chances of cancer, cardiovascular disease, cholesterol, and stress, as well as disorders of the body's enzymes.

- healthy food is very important for our life . it keep our organs and body fit and health . Fast food is very dangerous for our health . fast food it contains much fat and sugar . Home-made meals are healthy, fresh and tasty . Really, when we eat healthy food, we will be healthy . It helps us to live a happy life. There are many ways to keep fit and healthy. We can eat lots of fruits and vegetables to get vitamins. We can add green tea, dark chocolates and probiotic drink to our daily diet. In my opinion we should play sports and do exercise Walking and swimming are the best and the easiest sports. Fast food is served by various types of artificial sweeteners, in order to reach the delicious

taste and flavor desired by many people. this is very dangerous for health body . healthy Food is important for health. You should eat healthy Food. Green tea is good for health. It is rich in antioxidants which remove harmful. Substances from the body robotic drinks are good for the body. Green tea can lower cholesterol thy you should do doily exercises park chocolate can lower blood pressure.

our life there are many things continue living for example eating we have junk food and health food health food like juice, egg meat and bread. Juice give the body vitamin the bread carbohydrate we have eat health food to be our body health.

You must eat a healthy Food. To keep your body strong. Healthy. Fruit and Vegetable let your teeth strong and healthy.