

短篇英语作文：健康 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/267/2021_2022__E7_9F_AD_E7_AF_87_E8_8B_B1_E8_c83_267940.htm Good Health 「健康」

There is nothing complicated about eating a proper diet. For good health, eat a variety of foods. Do not eat the same foods day after day! Foods should be selected everyday from each of basic four. They are the four groups of food essential to proper nutrition: the milk group, meat group, vegetable-fruit group, and bread-cereal group, Your body will then be supplied with all the nutrients it requires. they are water, minerals, carbohydrate, fats and oils, proteins, and vitamins. A persons diet is determined by his attitudes, likes and dislikes. If you eat foods from each of the basic four groups each day, you will have a balanced diet. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com