**Healthy eating in my life**

|  |  |
| --- | --- |
| 1. Introduction | You can't have a healthy body without healthy food and drinking. |
| 1. Healthy lifestyle | As for me, …………………. |
| 1. Eating habits | Eating in Russia begins usually at…  We usually have lunch at …  Then we come home and have dinner at … |
| 1. Healthy eating habits of students. | In my opinion eating habits of our students are………..  Because students have …. for lunch/dinner/breakfast. |
| 1. Calculation of calories | Some foods have high calories… |
| 1. Conclusion | In the conclusion, I’d like to say that… |