**Healthy eating in my life**

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| 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… |