Eating Healthy in a Busy World

T56-K-U1
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When you are busiest,
what kind of food do you usually eat?

Fast food

Packed Box

Snacks

In today’s fast-paced world,people prefer :

Quick processed foods

Nutritious meals
from scratch

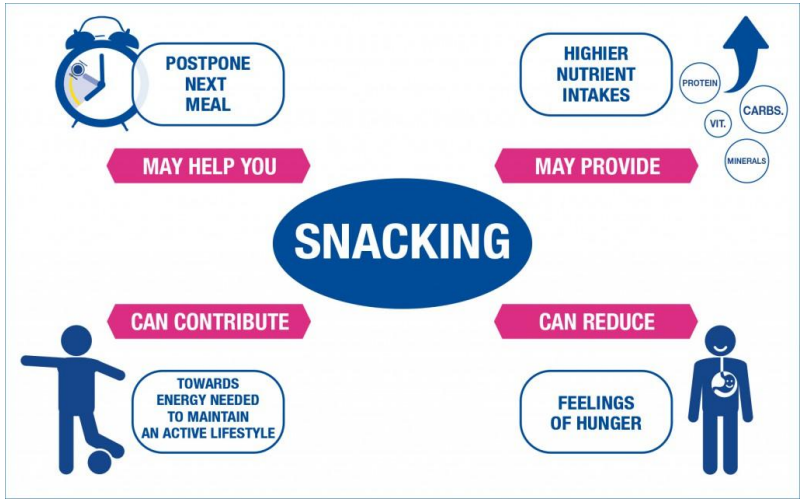
Why do we need to eat healthy?

- Weight management
- Stronger immune system
- Improved energy and mental health
- Live longer

Main Point #1 Keep healthy snacks on hand

Why do we snacks?

- a feeling of hunger between main meals
- emotional reasons,feelings like boredom or sadness
- easy reach often tempt us to grab them



Main Point #1 Keep healthy snacks on hand

Benefits of carrying healthy snacks

- Stay focused and energetic during classes.
- Avoid sugar crashes and overeating.
- Get important nutrients between meals.

Main Point #2 Eat whole foods

What are whole foods?

whole foods			
processed food			

Why eating whole foods is better?

- More nutritious
- Good for the environment
- Helping for maintaining a healthy weight

Main Point #3 Limit alcohol intake and drink plenty of water

Why?

Alcohol

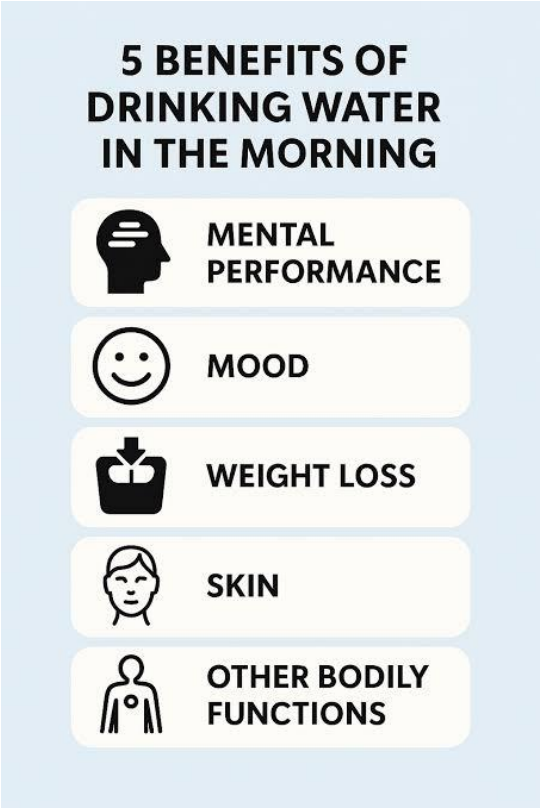
- Can lead to weight gain
- May cause accidents and violence
- Mental and social problems

Main Point #3 Limit alcohol intake and drink plenty of water

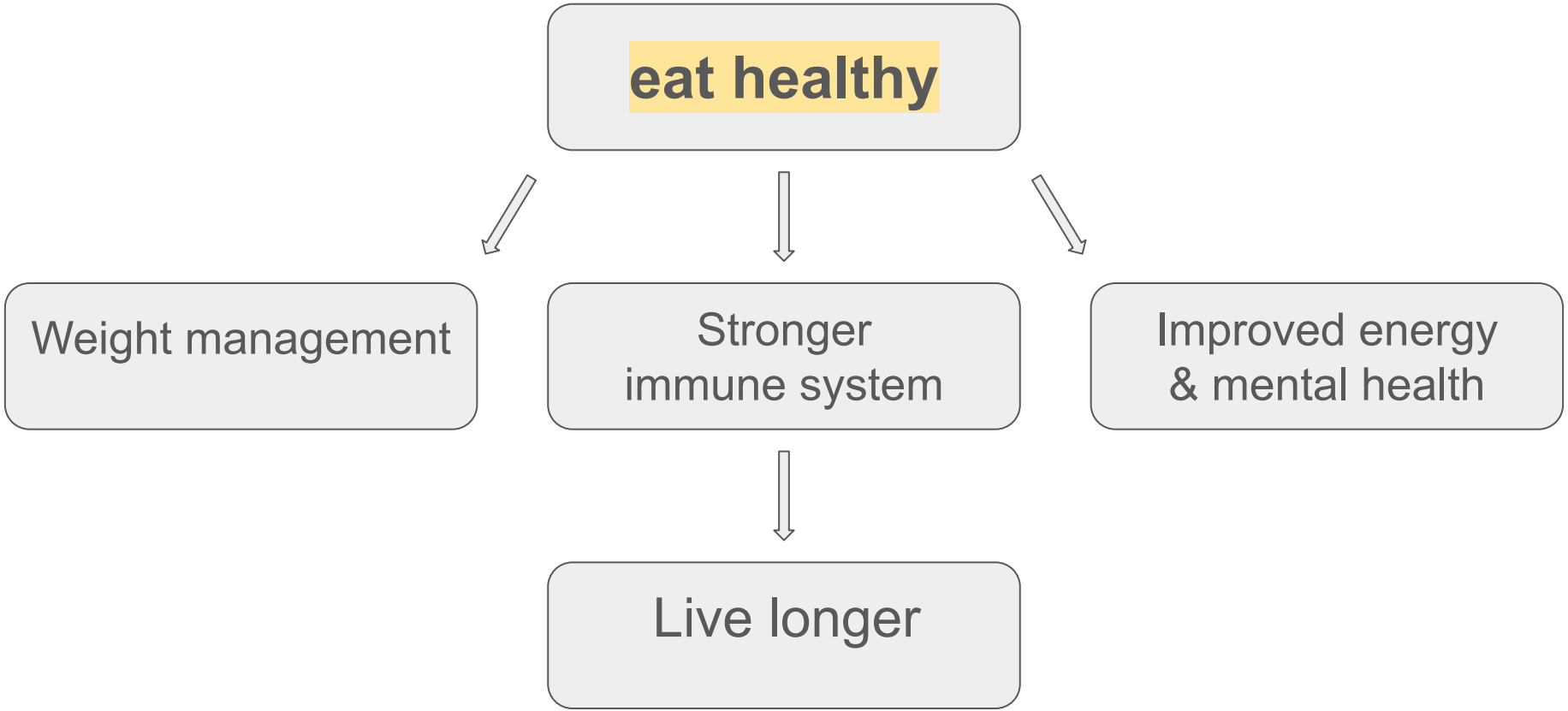
Why?

Water

- Helps the body work properly
- Improves digestion
- Help with weight control



Conclusion


eat healthy
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Conclusion

- Keep healthy snacks on hand
- Eat whole foods
- Limit alcohol intake and drink plenty of water

Q&A Session

- Q1:Which one is healthy snack?Dark chocolate or milk chocolate?
- A1:Dark chocolate
- Q2:What is the difference between whole foods and processed foods?
- A2:Whole foods are natural and unprocessed, while processed foods are made with more sugar, salt, and oil.
- Q3:What dose drinking water help with?
- A3:It improves digestion

Work Cited

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