

Healthy Eating Week

Next week in the United Kingdom it is healthy eating week. So I came up with some ideas to help people understand why they should have a healthy break

Having a healthy break is important. I think it would be better if everyone had a healthy break because it gives us more energy and having unhealthy breaks makes you feel tired and you need your, five a day. If you eat food with less sugar in school or at work you might see a good change in your work because you can concentrate a lot more when you eat healthy.

You can eat a lot of healthy food here is a start have five a day, a good breakfast or you can ask your parents to try and add some more vegetables to your diet.

Please try to eat more, healthy not just for healthy eating week but for your body. So be more aware of food with high sugars next week cut down on them. Make a good choice!

Thank you for reading this report

By Amy