

- Issue of **extreme importance**
- It affects both our **mental** and **physical** health
- A **balanced diet** keeps us active and healthy
- Balanced = **moderate amounts** of food / not excessive amounts / avoid junk food like fast food and sweets / **everything in moderation**
- How can we **keep in shape**?
 - **consult** a dietician
 - do sports / **join** a team
- We shouldn't be **obsessed with** weight loss
- Anorexia nervosa – **eating disorder** / serious problem with appetite
- We have a **sedentary lifestyle** because of our **deskbound jobs**
- Our **hectic lifestyle** forces us to eat street food of **questionable quality**
- The right solution for busy people is to carry with them healthy, **home-made snacks** like fruit salads and homemade sandwiches
- The more **sugary drinks** you consume the more **cravings** you have. It's a **vicious circle**
- You should break the habit of **skipping meals**; Otherwise you cannot **control your appetite**
- An expert can offer you **personalized advice** on what combinations of food are the best for your body
- It's a **misconception** that healthy snacks are not tasty; once you start eating them you get to like them

Your notes in class