

Ejercicios resueltos > Short Compositions

Do you think you should change your eating habits?

**Planificación**

- Empieza por responder a la pregunta: ¿deberías cambiar tus hábitos alimenticios?
- Debes dar tu opinión personal así que utiliza expresiones como: *I think, in my opinion, I believe...*
- Piensa en qué constituye una alimentación saludable y según eso desarrolla tu explicación.

Write about 100 to 150 words in the following topic: Do you think you should change your eating habits? Explain

I think I have healthy eating habits and so it is not necessary for me to change them, even though there are a few things that I could do better if I wanted my diet to be totally healthy. I eat fruit and vegetables every day but I only eat one or two pieces of fruit when it seems that the appropriate amount should be at least three. In addition, I do not usually eat whole-grain bread or cereals but doctors advise to eat them because of their fiber, which is good for the organism.

But as a whole, I think my diet is balanced as I try to eat in a varied way.