

MATERIA:INGLÉS
ESTUDIANTE:URQUIZA
SANTIAGO
CURSO:1ER AÑO
AÑO:2020

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Advantages of a healthy diet

1. Keeps you strong
2. Protect your immune system
3. Maintains healthy skin
4. Prevents osteoporosis
5. Regulates intestinal transit
6. Improve your mood
7. Reduce stress
8. Improves brain performance.
9. Take care of the health of your future children
10. Protect the heart
11. Helps prevent eye problems.

the disadvantages of not eating healthy

1. Tiredness and fatigue
2. Insomnia
3. Inflammation
4. Sedentary lifestyle
5. Stomach and intestine problems
6. Diabetes
7. Cardiovascular diseases

De hecho es más los
peligros de no comer
sano