***ADVANTAGES AND DISADVANTAGES OF EATING HEALTLY***

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| ***ADVANTAGES OF EATING HEALTHY FOOD:***   * ***Keeps you strong*** * ***Protect your immune system*** * ***Keeps skin healthy*** * ***Prevents osteoporosis*** * ***Regulates intestinal transit*** * ***Improve your mood*** * ***Reduce stress*** * ***Improves brain performance*** * ***Take care of the heath ok your future children*** * ***Protect the heart*** * ***Helps prevent eye problems*** * ***An ally against breast cancer*** | ***DISADVANTAGES OF EATING HEALTHY FOOD:***   * ***Is more expensive*** * ***Is more difficult to transport*** * ***Is less tasty and variable*** * ***Is difficult to maintain a healthy diet for a long time or on occasions of celebrations*** |

**Do you agree or do you disagree?**

 

 

 

 