**Introduction:**

**Healthy food is very important for a healthy life.**

**The Body 1:**

**1- health food**

**2-water**

**3- vegetables**

**The Body 2:**

**1- Organic food**

**2- fast food**

**3- calories**

**Conclusion: Finally, the most important thing about healthy food is that it must contain all the vital substances like vitamins, proteins carbohydrates**

**Healthy food**

**Healthy food is very important for a healthy life. We must pay attention to the food we eat and the water we drink. Healthy food should be clean. You must wash the vegetables and fruit well before eating them. You must cover the food to prevent flies and insects from touching it. Healthy food should also be natural and organic. It is not good to eat food that was made by using dangerous additives.**

 **Organic food is better than inorganic ones. Foods which are prepared at home are better than fast foods. Because fast food has a lot of fats and calories and bad bacteria which are bad and unhealthy.**

 **Finally, the most important thing about healthy food is that it must contain all the vital substances like vitamins, proteins carbohydrates !**