

"Over-eating"

Over-eating is a wonderful practice for rich people. They could save more food and can improve their health.

They take dinner shortly before go to bed. It must be avoided. The dinner

should be light and should be taken

3-4 hours before sleeping. So, it could be digested properly. This process can

prevent over-eating. Similarly it can decrease the cost of food.

Precis words = (62)

Total words = (166)