

A decorative background featuring a light blue to dark blue gradient. On the left side, there is a stylized circuit board pattern with white lines and circular nodes.

TOPIC OF ASSIGNMENT : FOUR PARAGRAPHS OF OWN CHOICE

SUBMITTED BY : 29022-MUHAMMAD TARIQ-050

SUBMITTED TO : HAROON SALEEM

PARAGRAPH-1

- Healthy eating is essential for maintaining good health and preventing chronic diseases. A balanced diet should include a variety of foods from all food groups, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Individuals can make small changes to their eating habits, such as reducing sugar and processed food intake, to improve their overall health and well-being.

PARAGRAPH-2

- Technology has had a profound impact on society, changing the way people communicate, work, and live. While technology has many benefits, including increased efficiency and convenience, it can also have negative effects such as social isolation, addiction, and decreased physical activity. It is important for individuals to use technology mindfully and balance their use with other activities such as outdoor recreation and face-to-face social interaction.

PARAGRAPH-3

- The COVID-19 pandemic continues to have a major impact on countries around the world. As of April 2023, there have been over 280 million confirmed cases and over 5.5 million deaths worldwide. Governments are implementing various measures to slow the spread of the virus, including lockdowns, mask mandates, and vaccine mandates.

PARAGRAPH-4

- the United Nations released a report warning that climate change is causing irreversible damage to the planet and that urgent action is needed to reduce greenhouse gas emissions. The report states that global temperatures could rise by 1.5 degrees Celsius by 2040, leading to more frequent and severe weather events such as droughts, floods, and hurricanes