

Date: _____

Day: _____

Diet can prevent diseases

Answer :

Diet is an important factor to be safe from diseases. Having good diet can lessen the chances of many diseases. More overly diet can be harmful for health, so this way everyone should be moderate in eating and be fit.

(40)

Preci

Original Passage:

Diet plays a significant role in the prevention of many chronic diseases. Consuming a balanced diet rich in fruits, vegetables, whole grains, and lean proteins can help reduce the risk of developing conditions such as heart disease, diabetes, and certain cancers. On the other hand, a diet high in processed and unhealthy foods can increase the risk of these diseases. It's important to be mindful of types of food we eat and make an effort to include nutrient-rich options in our diet.

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