

overeating: Bad habit.

Date: _____

Disadvantage of over eating

Day: _____

Over eating is more harmful for those who think they can bear it and for those who wants to eat much food. The group of people who ^{are} missing one meal could improve their health. The dinner which is taken before sleeping it is not good for human health. Food takes 3 to 4 hours for digesting. ~~While~~ while retiring this food converts into fat. The eve meal should be light and taken three to four hours before sleeping. so that it give's benefit to health and reduce cost.