

over eating: Bael habit.

Date: \_\_\_\_\_

Disadvantage of over eating

Day: \_\_\_\_\_

Over eating is more harmful for those who think they can bear it and for those who <sup>want</sup> wants to eat much food. The group of people who ~~are~~ <sup>miss</sup> ~~missing~~ one meal could improve their health. The dinner which is ~~taken~~ before sleeping ~~it~~ is not good for human health. Food takes <sup>three</sup> 3 to <sup>four</sup> 4 hours <sup>to digest</sup> 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 <sup>benefits</sup> ~~gives~~ <sup>benefit</sup> to health and <sup>reduces</sup> ~~reduce~~ cost.

Mistakes identified.

Indent the paragraph.