

I

(1) - 3

(2) - 4

(3) - 1

(4) - 2

(5) - 2

(6) - 3

(7) - 1

(8) - 4

II

- (1) - 2
- (2) - 3
- (3) - 2
- (4) - 4
- (5) - 1
- (6) - 3
- (7) - 2
- (8) - 1

III

- (1) - 4
- (2) - 2
- (3) - 2
- (4) - 1
- (5) - 1
- (6) - 4
- (7) - 2
- (8) - 3

Our diet affects our health because what we eat makes our health better or worse so it would be a good idea to be careful of what we eat.

For example, taking in too many calories could lead to serious health problems such as heart problems, strokes and so on. Also, high calorie foods often contain too much fat or oil, protein or sugar, and these foods lack the necessary vitamins and minerals to keep our bodies functioning normally.

Nutrition experts have been warning us of ill-balanced eating habits, where people are more interested in what they want to eat than what would be good for their health. I think the fast food industry has to be blamed for this. Undoubtedly, the existence of too much fast food, or junk food, is affecting the health of people in modern times.

On the other hand, going on a diet just to get slim could be just as bad as eating too much junk food. Some young people, especially young girls, develop eating disorders by extreme dieting and some even starve themselves in trying to be a "size zero" like fashion models.

Thus, our diet has a great influence on our health. Eating too much and eating too little both adversely affect our health. What is most important after all is to have an appropriate amount of food with an appropriate amount of nutrients necessary to keep our bodies functioning normally.