

ใบสื่อที่ 50.2 บทความ เรื่อง You Are What You Eat  
หน่วยที่ 5 แผนการจัดการเรียนรู้ที่ 50 เรื่อง You Are What You Eat  
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In our society today, there are many health issues. One of the biggest problem is food. People are choosing fast food more often, as fast food is so much easier to get and a lot faster as well. This leads to a high demand for fast food chains. People aren't even thinking about the food they put in their bodies and the damage the food is doing to their bodies over time. People need to realize that the more bad fats and cholesterol they eat the slower their heart will beat, and that will lead to shorter lives as the fat will stay in their bodies making it harder for the heart to pump blood. Some people realize they are unhealthy and set their minds to be healthier, but the fats and cholesterol in the food are hard to stay away from.

One solution would be to offer a bigger variety of fruits, vegetables, grains, and meats that are lean as well as have more healthy food options available. If there is a bigger selection of healthy foods, most people would eat healthier. This would help because if there was a bigger variety of all those healthy foods, and less junk food, then families would start eating right. If junk food was no longer available then people wouldn't want it anymore.

Most people nowadays have very busy lives and don't always have time to go home and get something healthy to eat or to sit down and enjoy a meal. People often end up picking up take away from Fast Food Shop and then eat in the car on the way to their next appointment.

Many people see health issues in food as not a big issue. But, it is a big issue. Think twice before putting something into your mouth. Yes, it tastes good now but sooner or later your body will be paying the price.

Adapted from [http://www.teenink.com/hot\\_topics/health/article/110135/Health-Issues](http://www.teenink.com/hot_topics/health/article/110135/Health-Issues)