

关于健康的英语作文通用10篇（关于健康的英语作文 高中英语作文）

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关于健康的英语作文（通用10篇）

无论在学习、工作或是生活中,大家都经常看到作文的身影吧,作文是由文字组成,经过人的思想考虑,通过语言组织来表达一个主题意义的文体.怎么写作文才能避免踩雷呢?以下是小编整理的关于健康的英语作文(通用10篇),欢迎大家借鉴与参考,希望对大家有所帮助.

健康的英语作文 篇1

Many people dream to live a healthy life. But sometimes they do not have a full understanding of healthy life. In my mind, a healthy life includes physical and mental health.

People need to have a healthy diet and regular exercise to make our physical more and more healthy. At the same time, people have to remember that mental health is also very important. People need to find ways to relax themselves and keep a good mood every day. At least do not be depressed for a long time. People can have a healthy life only when they keep a good health between physical and mental.

健康的英语作文 篇2

In current society, people have known the importance of keeping healthy and good life habit. In the past, people ate three meals at home, and they ate more vegetables and less meat and fish. They were very strong and seldom went to see doctors. Now life is better, people eat more meat, fish, eggs and other food with more fat. They often go out for good meals with their families and friends. But they get easy to be ill, Why? I think more meat and fish, less exercise are bad for health. Good rest, less meat and fish, more vegetables and enough exercise are good for health. So I exercise every day. My eating habits are pretty good. I eat a lot of vegetables. I eat fruit and drink milk every day. I drink a cup of water 15 minutes before each meal and eat much vegetables and fruit. Of course, I love junk food, too, and I eat it once a week. And I sleep nine hours every day. The better we get into good eating habits, the happier our life becomes.

健康的英语作文 篇3

About health Everyone want to be healthy, because it is by health to longevity.

Source of life in motion. The simplest is running, riding a bike. Whether rich or poor, can do two kinds of movement, can easily do the two movement, but not excessive exercise, it will damage the body. Keep a good attitude, happiness will always stay.

In order to maintain the health, physical exercise is the best way.

Mountain climbing, can practice perseverance; rope skipping, can we grow, and actively participate in physical exercise, less illness, did not have to pay a lot of medical expenses.

In PE class, we can run on the playground, basketball, skipping can keep fit. In winter, students still do not fear the cold, keep on running in the playground, even sweat.

Want to be healthy, diet is also important. The food Pyramid wrote: eat a little salt, oil, sugar, milk, milk, eggs and meat; many vegetables, fruit, plenty of whole grains. The balanced nutrition, to maintain good body.

Every day at noon, schools have a delicious meal. The teacher ordered us to eat all that. Although we complain a little, but we all know: the teacher is good for us. We have a "eat like wolves and tigers" out to enjoy the "nutritional lunch".

Life is precious, health is to keep the life "defense" equipment. If we want a healthy diet and exercise, right from the start!

健康的英语作文 篇4

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The better we get into good eating habits, the happier our life becomes.

在当今社会，人们已经知道保持健康的重要性和良好的生活习惯。在过去，人们在家里吃三餐，他们吃更多的蔬菜，少吃肉和鱼。他们很强大，很少去看医生。

现在的生活更好，人们吃更多的肉，鱼，鸡蛋和其他食品和更多的脂肪。他们经常出去吃好食物和他们的家人和朋友。但是他们得到容易生病了，为什么？

我认为更多的肉类和鱼，少锻炼对健康有害。好好休息一下，少吃肉和鱼，更多的蔬菜和足够的

运动有益于健康。所以我每天锻炼。我的饮食习惯非常好。我会吃很多的蔬菜。我每天吃水果，喝牛奶。我喝一杯水前15分钟每顿和多吃蔬菜和水果。当然，我也喜欢垃圾食品，我吃了一周一次。我每天睡眠9小时。

我们越进入良好的饮食习惯，我们的生活变得更幸福。

健康的英语作文 篇5

Dear Mr. President:

I am a senior student of our university. I am writing to you with the aim of suggesting the ways to improve students' physical conditions, since we all know the importance of good health.

My first suggestion is to increase some courses of physical education. Only by attending such courses can the students gain the essential techniques related to doing sports. My second suggestion is to organize small sports meetings regularly. Students' participation in such activities can enhance their awareness of building their bodies up.

I hope my suggestions can be seriously considered.

Respectfully,

Li Ming

健康的英语作文 篇6

My favourite animal Dolphin is my favourite animal. It is one of the most precious animals. Their bodies are very long about one zhang(丈).

Dolphins live in the sea. They live on fish shrimps and so on. Dolphins are very friendly and peaceful. they never attack people. Instead they have saved many people in danger in the past years. How helpful the dolphins are! Dolphins are very clever. People often train them so that they can give a dolphin show which brings people a lot of happiness and joy. Unluckily the number of dolphins is getting smaller and smaller.

Because of water pollution there is less and less space for dolphins. Many people make money by hunting dolphins. If we don't protect them maybe we'll lose our good friends one day. As a student I hope more and more people should take actions to protect dolphins. My favourite animal My favourite animal is tortoise. Tortoise walk not fast. But I like the tortoise. Why? Because tortoise is a cute animal. It have a short tail and a four short foot.

It have a little head and a hard shell. They are forty-five little and cute tortoise in My home. They like to play in the water. When they afraid some thing. They wall run fast.

They like to eat the fish. I often buy some small fish to them to eat. They can catch the fish fast. First they fake(假) sleep. When the fish swim near they mouth. They catch the fish fast and bit the fish head. So the fish die. They can eat the fish. In winter. They like to sleep in the sand. When they sleep they don't eat any

food. Because they will hibernate. But when they are thirsty. They come out of the sand. So we must give water to them to drink. I love the tortoise. I hate the eagle.

Because the eagle often eat the tortoise with its sharp mouth. My favourite animal is tortoise.

健康的英语作文 篇7

In the young generation, their lifestyle is different from the old peoples. They like to stay up and join many night activities, then they wake up very late. The new expression of brunch fits them so much, which means the people to have a meal combining with breakfast and lunch. But their health is under threat. Some young people's stomach hurts and can't digest food well. In order to keep healthy, we need to do some exercise and eat food regularly. What's more, the balanced diet is very important, as the saying that an apple a day, keeps the doctor away, so we need to eat properly. The healthy lifestyle makes us live happily.

健康的英语作文 篇8

Nutrition is an input to and foundation for health and development. Interaction of infection and malnutrition is well-documented. Better nutrition means stronger immune systems, less illness and better health. Healthy children learn better. Healthy people are stronger, are more productive and more able to create opportunities to gradually break the cycles of both poverty and hunger in a sustainable way.

Better nutrition is a prime entry point to ending poverty and a milestone to achieving better quality of life.

Freedom from hunger and malnutrition is a basic human right and their alleviation is a fundamental prerequisite for human and national development. WHO has traditionally focused on the vast magnitude of the many forms of nutritional deficiency, along with their associated mortality and morbidity in infants, young children and mothers.

However, the world is also seeing a dramatic increase in other forms of malnutrition characterized by obesity and the long-term implications of unbalanced dietary and lifestyle practices that result in chronic diseases such as cardiovascular disease, cancer and diabetes. All forms of malnutrition's broad spectrum are associated with significant morbidity, mortality, and economic costs, particularly in countries where both under- and overnutrition co-exist as is the case in developing countries undergoing rapid transition in nutrition and lifestyle.

健康的英语作文 篇9

Health is far more important than wealth. Good health enables us to enjoy our life and achieve what we hope for in our career. On the contrary, poor health leads to nothing.

How can we keep healthy? Here is some advice. Firstly, it is very important for us to take more fruits and vegetables because they provide vitamins, and we have to keep a balanced diet.

So we should avoid food with lots of sugar and fat/which is rich in sugar and fat. Secondly, we'd better exercise every day to make our bodies strong. Besides, we have to avoid too much work pressure. Finally, we have to get rid of those bad habits that damage our health, such as drinking and smoking.

In conclusion, if we stick to the advice given above, we will lead a healthy life.

健康的英语作文 篇10

Fast food develops fast nowadays because it is economic, convenient and there are kinds of food meet different flavors. It will become more and more popular in the future.

However, I don't think eating too much fast food is good for our health. Fast food may cause illness. I admit that fast food is cheap and convenient. You can fill your stomach easily without paying too much. And you don't have to pretend to be graceful when you do want to. Different flavours meet different tastes. You can decide what you want to eat.

But every coin has two sides. Fast food also has troubles. The most worrying one is whether fast food is clean or not. In order to gain a greater profit, some snack bars try every means to reduce the cost. Some even adopt illegal means.

As is reported on TV and newspaper, many snack bars use some dirty refined oil to cook the meals. It is not easy for the customers to be aware of what they are eating. Usually there will be lots of bacteria in such kind of oil. These bacteria can cause deadly diseases, such as cancer. The customers become victims of the snack bars.

Maybe you will ask, What about KFC or McDonalds? The sanitary equipments are good in these restaurants. My suggestion is that you'd better eat less. Foods in KFC and McDonalds contain much fat. They also cause health problems. Eating too much fried chicken, fried chips, hand burgers and something else may make you fat.

In a word, I don't suggest people eat too much fast food. You have much to concern about when you are having fast food. To keep healthy, we have to pay attention to our habit of diet.

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