

Healthy Lunch

The importance of a healthy diet

To have a healthy diet is very important because it can help students have a healthy body, grow healthily and learn effectively. Students always eat unhealthy food in school. Students always buy the unhealthy food in the tuck shop just like fish ball, potato chip, chocolate, etc. Unhealthy food contains a lot of oil, so it will make students obese and have unhealthy body.

Balanced lunch means that there are much nutrition and no junk food in it. We should include a lot of nutrition like vegetables and fruit.

A suggested menu for lunch

Menu

Starter

Tomatoes and potatoes soup with garlic bread

Main course

Salmon and broccoli spaghetti

Dessert

Low-fat orange ice-cream

Drink

Strawberries milk

I chose this Menu according to the idea of rainbow eating. The menu has many vegetables and fruit. In the starter, you can eat tomatoes and potatoes soup with garlic bread. Tomatoes can help maintain normal blood pressure. The main course is salmon and broccoli spaghetti. Broccoli has protein, carbohydrates, fats, minerals, vitamin C and carotene. The dessert is low-fat orange ice-cream. When you eat the ice-cream, you will not be fat. The drink is strawberry milk. It is delicious and healthy.

These ingredients are healthy. The cooking method is mainly boiling. It is easy to prepare. Why not start a healthy lunch today!