

## What is the importance of eating a balanced diet?

Many girls nowadays want to have a perfect body like supermodel and they keep dieting from day by day without caring about their healthy. Some research shows that a balanced diet or eating balanced is a good way for people to have a healthy care. I agree with that view point and here is some illustration to support my perspectives.

First of all, if we have no balanced diet, our health could be damaged. In worse way, we could face with lose appetite which could make we die. For example, some models dead because of anorexia, they felt to lose appetite and they did not eat anything. Therefore, their health was damaged and they dead because their energy was exhausted.

Next, eating balanced is very important for us. If we eat too much, we would be overweight which have bad influent in our life. Fat people could feel complex because of their body. More over, too much fat people were treated badly by the others. For instance, one airline had requested a customer left the airplane although he was in his seat because they thought he is too fat and that could annoy people around him.

Finally, in daily times, many job request people have good health to adapt the job requirements because of the job stressful. If we have strong mind but without good health, we could not finish the project perfectly. For that reason, having a healthy care is very important for people. We should make a nutritious menu and logical exercised schedule.

In conclusion, having a balanced diet or eating balanced play an important role in our life because it could bring to us a good healthy that provide us energy to live and work day by day.

### Revised

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Finally, in daily times, many jobs request people to have good health to adapt to the job requirements because ~~of~~ the job is stressful. If we have a strong mind but ~~without~~ not good health, we ~~could~~ will not finish the project perfectly. For that reason, having a healthy ~~care~~ body is very important for people. We should make a nutritious menu and have a logical exercised schedule.

In conclusion, having a balanced diet or eating in a balanced way plays an important role in our life because it ~~could~~ brings to us a good healthy that provide us with energy to live and work day by day.

Very good! One of your best essays. Take care to pay attention to the tense necessary. Here you need Present Simple except when you 'tell a story,' as with the airline tale. Good job, though still a little too much translation.