



Paragraph on Food Habit in 100, 150, 200 Words

Description

Write a Short Paragraph on Food Habit (100 Words) for Class 1, 2, 3, 4

We shouldn't decide to eat something based on the enjoyment factor. We just need to judge its health benefits before eating something. That's called food habit. If you get a good food habit then it's really good for your health. You need to keep lots of fruit in your food list.

You can keep some low-fat dairy products such as cow milk. Try to eat family cooking in the dining table sitting with everyone. That will help you to maintain the timing. You can learn to cook yourself by watching YouTube videos. Avoid fast food and every type of [junk food](#). That will improve your [health](#).

Paragraph on Food Habit (150 Words) for Class 5, 6, 7

Everybody wants to become healthy in their life. To become healthy, we need to eat good food. And that's we all have to gain a quality food habit. Your food can change your health within a certain time. Eating fatty food will help you to gain weight.

But if you keep eating these then you will be over-weighted. And being overweight is not a good thing a lot. We see lots of people work really hard to lose weight. Fast food or junk food is risky for our health. Because of these foods, you will gain too much fat on your body and it will make you a lazy person.

That's why we need to stay away from that type of food. Try to eat with your family at the dining table. Fix an eating time and try to eat regularly at that time. Keep low-fat food on your list.

Paragraph on Food Habit (200 Words) for Class 8, 9, 10

Food habit is highly important for [good health](#). If you want to become healthy you need to become aware of what you are eating. There are different types of foods available. You need to eat [healthy food](#)

and need to avoid junk food. Before making a food schedule or menu, we need to take suggestions from the [doctor](#).

Vegetables are a good option as food. We need to put lots of vegetables into our eating habits. To gain more energy we need to eat fish and meat too. But eating too much meat can store too much fat in our body. Fat is risky for our bodies.

It increases the chance of blood pressure and even people could do heart attack and stroke due to too much fat on the body. Including vegetables, fruits also have a huge amount of resources that help us to be healthy. Food habits can play a massive role in our regular life.

If our food is not good then we can fall sick. It is important for everyone to maintain a healthy food habit. Doctors suggest us to eat lots of fat-free food. Especially we need to stay away from junk food or fast food.

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