

## Body & Health

Good morning Principal, Vice Principals, teachers and fellow schoolmates,

I guess most of you know the importance of a balanced diet, you may think eating too much fatty food may lead to obesity which can bring about many health problems. However, have you ever thought of eating too little can also cause health problems? According to a recent Japanese study, being very skinny is even more dangerous than being obese. It points out that people who are very thin will be more vulnerable to diseases such as pneumonia and the fragility of their blood vessels, this means you will get hurt easily.

As a matter of fact, we need to be neither too fat nor too thin if we want to have a healthy body. To achieve this, we must have a balanced diet such as eating more vegetables and less meat everyday. Apart from a balanced diet, having regular physical exercises also contributes to our health. Thank you.