

Good morning Principal, teachers and fellow schoolmates, please allow me to ask you a simple question before the start of my speech. What do you eat during lunchtime? Instant noodles or burgers? People have unhealthy eating habits nowadays, in terms of both quality and quantity. Just try to remember what you have eaten over the past few days and you will understand what I mean.

Recently, human's eating habits have been changed. In the past, people ate for survival, and now, people eat for enjoyment. We consume food for tastiness without thinking about the dangers we may have without such eating habits.

Food producers try to satisfy consumers by adding salt, sugar, spice and artificial food additives. For instance, a lot of salt is usually added into different meats and vegetables for making them taste better. Taking in too much flavour is harmful to our body, and it may lead to different illness.

In fact, in the past few years, people have been found out taking in too much oil and sugar when they eat. Have you ever tasted the fried chicken in KFC? Chicken wings are deep fried and lots of oil is used when cooking. Most of the oil are absorbed by our body and fat are stored. This may lead to obesity and worsen our health.

To conclude, modern people have unhealthy eating habits and this must be stopped because it can harm us if it continues. So, start eating healthy today!

This is the end of my sharing. Thank you.