# 良好饮食习惯英语演讲稿5篇范文

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*同学们，不好的饮食会给我们带来多么巨大的伤害啊!你们还敢吃吗?尤其是小学生，正处于生长发育的黄金阶段，需要丰富的营养，比如新鲜的蔬菜、水果、牛奶等。下面给大家分享一些关于良好饮食习惯英语演讲稿5篇，供大家参考。良好饮食习惯英语演讲稿(1)　...*

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**良好饮食习惯英语演讲稿(1)**

　　Healthy eating habits are very important for our health. We should buildhealthy eating habits. We should eat fresh vegetables and fruits everyday.Theysupply rich and the necessary vitamins for us. We also should eat less meat

　　everday.And we had better drink a glass of milk in the morning or at night.Besides, we should focus on abalanced diet, which assures us the necessarynutritions. Junk food is a fatal killer for our health so that we should stayfar from them.

　　It is said that most of students do not eat anything at all in the morning.It is very bad for our health. Breakfast is the most important meal forpeople.

**良好饮食习惯英语演讲稿(2)**

there are many people who think that wealth is better than health. i usedto think so until one day i read a story about howard hughes. he was an americanbillionaire who got anything he wanted. however, in the last twenty years of hislife, his health began to deteriorate and he was miserable. he had the bestdoctors and nurses. however, he could still find no relief. i realized thathealth is worth all the money in the world. if you have millions of dollars butyour health is poor, you will not be able to do what you want to do. so i wouldlike to say don’t hurt yourself trying to make money instead of taking care ofyour body and be happy with what you do have. health is more important.

so i think heath is very important. people can do nothing if they arealways in poor health, let alone happiness. no matter we are rich or not, we cannot ignore the importance of health.

today，many people can\'t be in good health，so，how to keep healthy is veryimportant. i\'ll say something about food and health. more and more people arerealizing the importance of good health. but how to keep fit? in my opinion, ahealthy diet is very important for your health. do you know what a healthy dietis? firstly, you should have a balanced diet. you may not like eatingvegetables. you think they are not so delicious. but vegetables have a lot ofnutrition. they are very good for your health. secondly, you’d better eatregular meals. you need to eat breakfast, lunch, and dinner every day. regularmeals throughout the day give you enough energy to carry out your dailyactivities. never skip breakfast. it is the most important meal of the day. eatbigger meals earlier in the day. don\'t have a big dinner. thirdly, most of youlike eating snacks. they may affect your appetite. besides, too many snacks makeyou fat.

in a word, if you want to be healthy, you should keep a healthy diet. it istime for us to do something now, i think. that is, we should eat the right kindsof food, and do not eat any of the unhealthy food! let us do it right away tokeep health! let\'s do it instead of talking about it. that\'s all i want to sayto you.

**良好饮食习惯英语演讲稿(3)**

Dear friends:

As we all know, we are what we eat. Therefore, it’s very important for usto form healthy eating habits. However, bad eating habits are still very commonamong us students. Some of us often go to school without breakfast; some like tohave snacks; some others are particular about food; and still some eat or drinktoo much. All these bad habits will surely do harm to our health.

To keep fit, we should have various healthy diets, which generally includeproper amounts of fish, meat, vegetables, fruit as well as main food. Besides,we’d better have meals regularly.

In my opinion, we should try to develop healthy eating habits to build up astrong body. Only in this way can we have enough energy to study better.

That’s all. Thank you!

**良好饮食习惯英语演讲稿(4)**

Dear friends:

In current society, people have known the importance of keeping healthy andgood life habit. In the past, people ate three meals at home, and they ate morevegetables and less meat and fish. They were very strong and seldom went to seedoctors.

Now life is better, people eat more meat, fish, eggs and other food withmore fat. They often go out for good meals with their families and friends. Butthey get easy to be ill, Why?

I think more meat and fish, less exercise are bad for health. Good rest,less meat and fish, more vegetables and enough exercise are good for health. SoI exercise every day. My eating habits are pretty good. I eat a lot ofvegetables. I eat fruit and drink milk every day. I drink a cup of water 15minutes before each meal and eat much vegetables and fruit. Of course, I lovejunk food, too, and I eat it once a week. And I sleep nine hours every day.

The better we get into good eating habits, the happier our lifebecomes.

**良好饮食习惯英语演讲稿(5)**

Dear friends:

\"Hunger breeds discontentment\", \"man is iron, rice is a steel, do not eat ameal hungry\", what is more important than the meal? But what to eat tomeet thebody nutritional requirements? We need a balanced diet.

Person of the body to normal operation, it needs to absorb a variety ofnutrition elements, vitamin, protein, sugar, minerals, and so on, these arenecessary to a healthy body, want to get the nutrition elements, we must eat thefood of balanced collocation. In addition, we have put an end to junk food, eathealthy food, to prevent the harmful effects on the body element.with thedevelopment of economy and society, we can choose the food more and more, ifonly to choose according to his be fond of a single food, you\'ll absorb lessthan some nutrient elements, it will cause great harm to your body. We only eatmeat, this is not correct, only eat vegetables, this is not correct, moreminutes food collocation is right, can let you have a healthy body. Fruit isalso very important for our health, we should eat some fruit every day, to meetthe nutritional needs of the body, meat, vegetables and fruits are equallyimportant, the lack of any one of them is not a balanced diet.

If we want to keep healthy, we should have a balanced diet. A balanceddiet, make your body more healthy.

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