



Healthy Eating

1. vegan
2. disease
3. sufficient
4. intake
5. life span
6. organic
7. tendency
8. minimal
9. habit
10. fussy eater
11. nutrients
12. produce
13. regular
14. prevent
15. depression
16. avoid
17. principle
18. adhere
19. prolong
20. generally speaking

1. What principles to vegans' adhere to?
2. Do you think you are a fussy eater? Tell me more.
3. Do you think about how to prolong your lifespan? Tell me more.
4. Is your intake of produce sufficient or should you eat more?
5. Generally speaking, who has the worst eating habits in your family?
6. What should humans do to prevent heart diseases and depression?
7. Have you ever been on a diet?
8. What are some different diets you have heard of?
9. What is a food you love that has minimal nutrients?
10. Do you think organic food is better than regular food? Why?