# 关于卫生日的英语作文：卫生健康饮食

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*【小编寄语】以下是为大家整理的关于卫生日的英语作文《卫生健康饮食》，文章仅供大家参考：　　I’m talking about / Here is my advice about how to keep health/fit? As a mi...*

【小编寄语】以下是为大家整理的关于卫生日的英语作文《卫生健康饮食》，文章仅供大家参考：　　I’m talking about / Here is my advice about how to keep health/fit? As a middle shool studentfirst you’d better do more exercise such as playing ball games running swimming and jumping rope(绳子). Then you should pay attention to your diet or meals Don’t eat too much meat and suger but more vegetables and fruit.Third you need enough sleep or rest . Nextkeep yourself happy.As people often say smiling makes younger.Last you mustn’t drink wine or smoke .They are bad for your health. That is my advice.I hope you are healthy and enjoy your life．Thank youbye!

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