# 健康的建议英语作文高二(19篇)

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*健康的建议英语作文高二1Nowadays, there is a growing focus on health care. People are pursuing a healthy lifestyle. A healthy diet i...*

**健康的建议英语作文高二1**

Nowadays, there is a growing focus on health care. People are pursuing a healthy lifestyle. A healthy diet is one of the most important parts of it. As the saying goes, bread is the staff of life, eating healthily and deliciously is the goal we pursue. From my point of view, in order to build healthy eating habits, we should eat more vegetables and less fat and sugar.

Vegetable is the best source of s vitamin, because vegetables are rich in vitamins. Among them, vitamin C and vitamin A are the most important. Too much fat and sugar can lead to obesity, which is harmful to health. Besides, eating more fruits and drinking more water is of great help.

现在，人们越来越注重养生，人们在都追求健康的生活方式，其中健康饮食就是很重要的一个方面。俗话说，民以食为天，吃得美味又健康是我们所追求的目标。我认为，为了养成健康的`饮食习惯，我们应该多吃蔬菜，少摄入脂肪和糖分。蔬菜是维生素的来源，其中以维生素A和维生素C最为重要。过多的脂肪和糖分会导致肥胖，这有害于健康。此外，还应多吃水果多喝水，这都对健康有很大帮助。

**健康的建议英语作文高二2**

Possible version: health is important than wealth. Health can let us enjoy life and realize o dreams in o career. On the contrary, poor health doesn\'t .

Here are some suggestions on how to keep healthy. First of all, it\'s very important for us to eat fruits and vegetables becse they pvide vitamins. We have to keep a balanced diet, so we should avoid foods ch in sugar and fat.

Second, we\'d better exercise ry day to make o body stng. In addition, we must avoid too much work presse. Finally, if we stick to it, we must get d of bad habits that are harmful to o health, such as dnking and oking.

According to the above suggestions, we will live a healthy life.

中文翻译：

可能版：健康是比财富更重要是，健康能让我们享受生活，在事业上实现我们梦想。相反，健康欠佳无济于事我们如何保持健康这里有一些建议首先，对我们来说，吃更多水果和蔬菜是非常重要，因为它们提供维生素，我们必须这样做保持均衡饮食，所以我们应该避免吃富含糖分和脂肪食物。第二，我们最好每天锻炼身体，使我们身体强壮。

此外，我们必须避免太多工作压力。最后，如果我们坚持下去，我们必须改掉那些有害健康坏习惯，如饮酒和吸烟根据上面建议，我们将过上健康生活。

标签：

**健康的建议英语作文高二3**

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2nd, life simple: does not put on the ostentatious clothes, the plain food, associates with the human by at will primarily, not by any means the anxious merit. 3rd, by step of generation of vehicle: the automobile once let me consume the massive energy, therefore was always trying to conflict this kind of showing off expense. 4th, swimming exercise: each week probably has two times of swimming, the enhancement heart and lungs function, the maintenance exuberant work power. 5th, daily reflected on that, every day three provinces: is disloyal for the friend? the manner does not believe? is not dense for the matter?

through the above several ways,you can keep fit and try them,if you have interest..

**健康的建议英语作文高二4**

In current society, people have known the importance of keeping healthy and good life habit. In the past, people ate three meals at home, and they ate more vegetables and less meat and fish. They were very strong and seldom went to see doctors. Now life is better, people eat more meat, fish, eggs and other food with more fat. They often go out for good meals with their families and friends. But they 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. So I exercise every day. My eating habits are pretty good. I eat a lot of vegetables.

I eat fruit and drink milk every day. I drink a cup of water 15 minutes before each meal and eat much vegetables and fruit. Of course, I love junk 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 life becomes.

**健康的建议英语作文高二5**

1.饮食:You should eat three healthy meals every shouldn\'t eat food with lots of sugar,oil and fat because they are not good for your \'t eat too much junk should eat enough vegetables and fruit because they are rice in should drink enough milk and water.

2 其他习惯:You should get enough you don\'t have enough sleep,you will feel tired and you will not concentrate shouln\'t drink,smoke and take \'t play computers too your hand before meals and do exercise every day.

**健康的建议英语作文高二6**

As we all know, healthy is very important to do you really know how to stay healthy?

Here are some useful tips. First, we should do exercise if we have example, we can go to swim in the summer holiday. Or we can take a walk after exercise makes us healthy and strong. Second, we should take more vegetables and fruit and less candies. Stop eating junk food and drinking beers. Last but not least, we should go to bed early and wake up early. We should have enough sleep, or we will get sleepy in the day time. If we pay more attention to the tips above, we will have healthier body. I wish everybody has a strong and healthy body。

>译文

我们都知道，健康对每个人来说都很重要。但是你知道该如何保持健康吗?

这里有一些实用的建议。首先，我们应该做运动，如果有时间的话。例如，我们可以在暑假的时候去游泳，或者晚饭后去散步。做运动让我们的身体更强壮更健康。第二，我们应该吃更多的蔬菜和水果，少吃糖果。不吃垃圾食品和啤酒。最后，我们应该早睡早起。如果睡不够，第二天就会很疲倦。如果我们都能按照以上的建议注意自己的健康，我们的身体会更棒。我希望每个人都有个强壮和健康的身体。

**健康的建议英语作文高二7**

Nowadays, many students go to school without having of them buy the fried food served by the small food stalls at the school gate, which will do harm to their health in the long run.

现在，许多学生上学时没有早餐。一些他们中的一些人购买学校门口的小吃摊供应的油炸食品，从长远来看，这对他们的健康是有害的。

In order to solve this problem, our school works out a healthy breakfast plan together with the students parents. Every morning from now on, our school canteen provides students with different kinds of healthy food. This plan guarantees that every student can have breakfast in time.

为了解决这个问题，我们学校和学生家长一起制定了一个健康的早餐计划。从现在起，我们学校食堂每天早上为学生提供各种各样的健康食品。这个计划保证每个学生都能按时吃早餐。

On behalf of the Students Union, I call on every student to have healthy breakfast regularly, so as to benefit your health as well as your study.

我代表学生会呼吁每一位学生定期吃健康的早餐，这样对你的健康和学习都有好处。

**健康的建议英语作文高二8**

About health, ryone wants to be healthy, becse it depends on health to live forr. The st is running. Riding a bicycle, ch or poor, can do o kinds of sports.

It is easy to do these o kinds of sports, but it can\'t be excessive exercise. It will damage the body, keep a good attitude, and keep a sense of happiness in order. Physical exercise is the best way to climb mountains We can run on the playgund and play basketball.

We can keep healthy in winter. Students are still not afraid of the cold. They can run on the playgund and n sweat to keep healthy.

Diet is also very important. The food pyramid says Eat a little salt, oil, sugar, milk, milk, eggs and meat. A lot of vegetables, fruits and a large number of whole grains are nuttionally balanced.

We should keep in good health at noon ry day. There is a delicious meal in the school. Although we have some complaints, we all know that the teacher is good to us.

We have a ^v^wolf down^v^ to go out and enjoy the ^v^nuttional lunch^v^ life If we want healthy diet and exercise, we can start a feb9ee7ad.

中文翻译：

关于健康每个人都想健康，因为它是健康来长生不老运动最简单就是跑步，骑自行车无论贫富，都可以做两种运动，可以很容易地做这两种运动，但不能过度运动，它会损害身体保持良好心态，幸福感会一直维持在秩序中健康，体育锻炼是爬山最好方式，能锻炼毅力跳绳，能让我们成长，并积极参加体育锻炼，少生病，体育课上不用付很多医疗费，我们可以在场上跑步，打篮球，在冬天可以保持身体健康，学生们仍然不怕寒冷，在场上不停地奔跑，甚至连汗都想保持健康，饮食也很重要，食物金字塔上写着：吃一点盐、油、糖、牛奶、牛奶、蛋和肉类许多蔬菜、水果、大量全谷类营养均衡，每天中午要保持身体良好，学校里有一顿美味饭菜老师叫我们吃了，虽然我们有点抱怨，但我们都知道：老师对我们好我们有一个“狼吞虎咽”出去享受“营养午餐”生活是珍贵，健康是保持生命“防御”装备，如果我们想要健康饮食和锻炼，就在startafeb9ee7ad。

**健康的建议英语作文高二9**

How to Keep Psychologically Healthy?

Psychologically healthy problems can cause the with the psychologically healthy problems can’t work well and enjoy the beautiful fell bad without self-confident.

The reason why so many people are not quiet psychologically healthy is that the social pressure make them can’t relax example,nowadays many people are worry about the house and order to get a house,many people fight with manage their life only keep the job in their always know that just work harder and if they fell tiered and unhappy,they don’t a long time,they take the pressure for themselves and can’t put down.

How to keep the Psychologically Healthy?People should take part in some activities to relax themselves and make friends with other something that people interested in can make them fell more better.

**健康的建议英语作文高二10**

hat is the most important thing in the world? I think it is can take away our money, house, car, or even our clothes and we can survive. But if our health was taken away, we would surely die. That is why we always try to eat in a healthy way and exercise regularly.

In order to eat healthily, I usually avoid eating food high in fat, like french fries or cookies. I also eat little meat. I eat a lot of vegetables and fresh fruit which are full of vitamins. Taking exercise every day helps us build a strong body. Regular exercise is an important part of keeping me healthy.

What\'s more, I think friends are an important part of one\'s health. Many studies show that people with a wide range of social contacts get sick less than those who don\'t. I always feel better when I am with friends than when I am alone. When I am with my friends, I always laugh. Laughing is also an important part of health. I like to laugh with my friends.

By eating properly and exercising regularly, I can keep my body at a proper weight and keep healthy. By spending time with my friends, I can keep my mind as well as my body happy. These things sound easy to do, but not many people can manage them. I think a strong will is necessary if we want to keep healthy.

**健康的建议英语作文高二11**

We all want to grow up happily and healthily, and for this goal we must do several things.

Firstly, we should develop a good attitude to life. Life consists of not only sunshine but also hard times. We should be brave in front of difficulties. Secondly, we must study hard because knowledge is power. If we have the power, we can help to build our country and enjoy life better. Lastly, in order to study well, we need to do sports so that we can keep fit. We can go running, play ball games or simply take a walk after a day\'s study.

If we do those things well, we will be able to grow up happily and healthily.

我们都想快乐健康地成长，所以我们必须做几件事情来实现这一目标。

首先，我们应该养成良好的生活态度。生命中不仅有阳光还有困难，我们应该勇敢的面对困难。其次，我们必须努力学习，因为知识就是力量。如果我们有能力，我们就可以帮助建设我们的国家，以及更好的享受生活。最后，为了取得好成绩，我们需要做运动来保持健康。我们可以在一天的学习之后去跑步，打球或只是简单的散散步。

如果我们做好这些事，我们将健康快乐地成长。

**健康的建议英语作文高二12**

You can take away our money, house, car, or even our clothes and we can survive. But if our health was taken away, we would surely die. That is why we always try to eat in a healthy way and exercise regularly. In order to eat healthily, I usually avoid eating food high in fat, like French friesor cookies. I also eat little meat. I eat a lot of vegetables and fresh fruit which are full of vitamins. Taking exercise every day helps us builda strong body. Regular exercise is an important part of keeping me healthy. What￡§s more, I think friends are an important part of one￡§s health.

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**健康的建议英语作文高二13**

Everyone want to be healthy, because it is by health to longevity.

Source of life in motion. The simplest is running, riding a bike. Whether rich or poor, can do two kinds of movement, can easily do the two

movement, but not excessive exercise, it will damage the body. Keep a good attitude, happiness will always stay.

In order to maintain the health, physical exercise is the best way. Mountain climbing, can practice perseverance; rope skipping, can we grow, and

actively participate in physical exercise, less illness, did not have to pay a lot of medical expenses.

In PE class, we can run on the playground, basketball, skipping ~ ~ ~ ~ can keep fit. In winter, students still do not fear the cold, keep on

running in the playground, even sweat. Want to be healthy, diet is also important. The food Pyramid wrote: eat a little salt, oil, sugar, milk,

milk, eggs and meat; many vegetables, fruit, plenty of whole grains. The balanced nutrition, to maintain good body.

Every day at noon, schools have a delicious meal. The teacher ordered us to eat all that. Although we complain a little, but we all know: the

teacher is good for us. We have a^v^ eat like wolves and tigers^v^ out to enjoy the^v^ nutritional lunch^v^.

Life is precious, health is to keep the life^v^ defense^v^ equipment. If we want a healthy diet and exercise, right from the start!

**健康的建议英语作文高二14**

One in four people will experience some kind of mental health problem in the course of a year. When you fail to manage these problems, they are likely to cause various mental illnesses. The causes of mental health problems often vary a lot from one case to another. In today’s society, a good number of people are suffering from heavy pressure. Others lack communication skills. In addition, a lot of people are ignorant of psychological knowledge about how to keep mentally fit. There are a lot of ways to curb mental health problems and keep psychologically healthy. Firstly, find the real cause of your mental health problem and see whether you can do something to make a change. Secondly, learn to relax yourself and take exercise to release the pressure. Lastly, you may find it helpful to talk to your partner or friend about your problem, or seek support and advice from a psychological consultant.

**健康的建议英语作文高二15**

The definition of “Healthy Life Style” include a positive living attitude towards life， eating a balanced diet， exercises regularly， which is three to five times a week with at least thirty to forty-five minutes per session. Regular social interactions and regular physical check-up.

I would like to add on enrichment personal knowledge in the of us are very busy every day. Students are facing a piling up of home works and assignments. Blue collars and white collars rush to working places and offices. Traffic jammed， unsolved problems， frustrations， new challenges. Stress became the first thing in the morning. We have forgotten our own needs as human being， until the alarm of our biologic clocks been trigger off. We finally realize that we should have done a little more for ourselves earlier. Because we have ignored what our body tells us， so we paid a higher is not too late to start our plan.

We can not avoid our problems every day， but we can change our ways of thinking. We could take our routine work as physical exercise. For example， I have to take couple of hours to clean my house per week. Whenever I do， I either switched on the music or sang songs loudly. I felt that I could finish my routine work faster in a happy mood. I took turns to use my arms to clean my bathroom wall， which is exactly the same exercises for shoulders.

I guess I will never have to see orthopedic doctors because of my frozen shoulder when I reach that particular age.

**健康的建议英语作文高二16**

Health is the guarantee of one\'s a healthy body,one cannot do what he wants to,not to mention accomplishing his goals in life.

One can keep fit in three is to pay attention to away from viruses,which means one should wash hands,take baths frequently,eat and drink away from bad life habits,such as smoking and overworking,which severely damage the body is to exercise may go jogging,swimming,bicycling,playing basketball and so will improve one\'s ability to resist last but not least,he should be optimistic,fearing no difficulties and obstacles,and always being in high spirits.

Only in good health as well as in high spirits can we greet the future,which is full of competition and challenges,and strive to achieve our ambitions energetically.

**健康的建议英语作文高二17**

I think I am quite healthy, the methods I employed includs the following several: 1st, mood tranquil: Did not worry the loss wealth and the prestige, the family, the friend and inpidual conscience are more important. 2nd, life simple: Does not put on the ostentatious clothes, the plain food, associates with the human by at will primarily, not by any means the anxious merit. 3rd, by step of generation of vehicle: The automobile once let me consume the massive energy, therefore was always trying to conflict this kind of showing off expense. 4th, swimming exercise: Each week probably has two times of swimming, the enhancement heart and lungs function, the maintenance exuberant work power. 5th, daily reflected on that, Every day three provinces: Is disloyal for the friend? The manner does not believe? Is not dense for the matter? Through the above several ways,you can keep fit and try them,if you have interest..

**健康的建议英语作文高二18**

What do you eat every day?A few people think about less people will makeplans for their meals. Many people,especially who work in office every day,liketo go to have fast food ortakeaway food near their workplace.

Thefood they eat every day is full of oil and fat,it makes them seriously,the cycling of their blood will slow makes them ill when they are old.

What should a healthy person eat every day? well,I will introduce my ^v^Healthy eating habit^v^ Itcomes from doctors,and it is believable. While people do alot of work,the energy intheir body are burning, you need noodles,rice,milk,bread and don‘teat them,you will and vegetables arenecessary, are a lot of makes you not sick easiy Vegetables help the other food easier to be can give you water.

**健康的建议英语作文高二19**

Thr ar many popl who think that walth is bttr than halth. I usd to think so until on day I rad a story about Howard Hughs. H was an Amrican billionair who got vrything h wantd. Howvr, in th last twnty yars of his lif,his halth bgan to dtriorat and h was misrabl. H had th bst doctors and nurss. Howvr, h could still find no rlif. I ralizd that halth is worth all th mony in th world. If you hav millions of dollars but your halth is poor, you will not b abl to do what you want to do. So I would lik to say don＇t hurt yourslf and try to mak , tak car of your body and b happy at what you do. Halth is mor important.

很多人都认为财富比健康更重要。在读到Howard Hughs的故事之前，我也是这么认为的。Howard Hughs是美国的一个亿万富翁，能得到他想得到的任何东西。但是在他生命最后的二十年中，他的身体变得糟糕，他很悲惨。他有最好的医生和护士，但仍得不到解脱。我意识到在这个世界上，好的身体抵得上所有的金钱。因为即使你有百万美元但身体糟糕，也不能做你想做的事情。因此我想说的是关心你的身体，对你所拥有的一切感到高兴，不要为挣损害你的身体，健康更重要。

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