# 小学英语健康饮食作文范文通用14篇

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*小学英语健康饮食作文范文 第一篇Nowadays，more and more people are in poor we want to keep healthy we should go on a healthy diet.First，w...*

**小学英语健康饮食作文范文 第一篇**

Nowadays，more and more people are in poor we want to keep healthy we should go on a healthy diet.

First，we should have a balanced we may not like eating vegetables，the vegetables have a lot of are very good for our ，we\'d better eat regular need to eat breakfast，lunch，and dinner every regular meals throughout the day can give us enough energy to carry out our daily activities.

Third，we should get away from fast food，for it may cause a lot of disease.

**小学英语健康饮食作文范文 第二篇**

Health is far more important than wealth. Good health enables us to enjoy our life and achieve what we hope for in our career. On the contrary poor health leads to nothing. How can we keep healthy Here is some advice.

Firstly it is very important for us to take more fruits and vegetables because they provide vitamins and we have to keep a balanced diet. So we should avoid food with lots of sugar and fat/which is rich in sugar and fat. Secondly we\'d better exercise every day to make our bodies strong. Besides we have to avoid too much work pressure. Finally we have to get rid of those bad habits that damage our health such as drinking and smoking.

In conclusion if we stick to the advice given above we will lead a healthy life.

健康远比财富重要。良好的健康使我们享受生活，实现我们所希望的职业生涯。相反，健康不佳导致什么。我们怎样才能保持健康这里有一些建议。

首先，我们吃更多的水果和蔬菜是非常重要的，因为他们提供维生素，我们必须保持均衡的饮食。所以我们应该避免吃富含糖和脂肪的糖和脂肪。其次，我们最好每天锻炼，使我们的身体强壮。此外，我们必须避免过多的工作压力。最后，我们必须改掉那些危害我们健康的坏习惯，比如喝酒和抽烟。

总之，如果我们坚持上述建议，我们将过上健康的生活。

**小学英语健康饮食作文范文 第三篇**

As we all knows that Health is far more important than healthy diet is very important to us now it is difficult for us to keep a healthy what can we do something for our health?

We must ensure that good health enables us to enjoy our life and achieve what we hope for in our daily life. On the contrary, poor health leads to are some advises that we can achieve for our , it is very important for us to take more fruits and vegetables because they provide vitamins, and we have to keep a balanced diet. So we should avoid food with lots of sugar and fat which is rich in sugar and fat. Secondly, we\'d better exercise every day to make our bodies strong. Besides, we have to avoid too much work pressure. Finally, we have to get rid of those bad habits that damage our health, such as drinking and smoking.

Generally speaking, if we stick to the advice given above, we will lead a healthy life.

我们都知道健康比财富更重要。健康的饮食对我们所有人来说都是非常重要的。但现在我们很难以保持健康的饮食。那么我们可以做一些对我们的健康吗？

我们必须确保良好的健康使我们能够享受我们的生活，实现我们的希望在我们的日常生活中。相反，健康状况不佳会导致什么。有一些建议，我们可以实现对我们的健康。首先，这对我们来说是非常重要的采取更多的水果和蔬菜，因为他们提供维生素，我们必须保持均衡的饮食。所以我们应该避免的食物有大量的糖和脂肪富含糖和脂肪。其次，我们最好每天锻炼使我们的身体强壮。此外，我们必须避免太多的工作压力。最后，我们必须摆脱这些坏习惯，损害我们的健康，如饮酒和吸烟。

一般来说，如果我们坚持上面给出的建议，我们会过上健康的生活。

**小学英语健康饮食作文范文 第四篇**

A healthy diet can provide the necessary energy for us, so to keep us fit. But it is not very easy to make your diet always healthy.

In my view, people need to spend time on thinking about how to eat every meal. One of the principles is that we should not eat too much or too less. The other is that the junk food should be thrown away. For example, vegetable, fruits which contain high vitamin, and low fat meat, such as chicken , fish are good choices. Food like french fries, hamburger, and other high-fat and low protein food should be avoided.

People can look up the calorie of each kind of food online and arrange their meals in a very healthy way.

健康的饮食可以为我们提供必要的能量，所以我们保持健康，但它不是很容易使你的饮食健康。

在我看来，人们需要花时间在思考如何吃每顿饭。的一个原则是，我们不应该吃过多或过少。另一个是垃圾食品应该扔掉。例如，蔬菜，水果含有高维生素，低脂肪肉类，如鸡、鱼是好的选择。食物像炸薯条，汉堡包，和其他高脂肪和低蛋白的食物应该避免。

人们可以在线查找各类食物的卡路里和安排他们的饮食非常健康的方式。

**小学英语健康饮食作文范文 第五篇**

在现如今飞速度发展的社会中，“吃饱穿暖”早已不能满足我们同样飞速发展的需求。单单对于吃，就有很多讲究。

现在的食物，一律要求色香味俱全，这样一来“肯德基”、“麦当劳”等洋快餐就成了人们的首选。正在人们津津有味的品尝这些美味的时候，身体正在亮着红灯，人们在不知不觉中忽略了一个重要的问题—安全饮食。此时口中的美味却是潜伏在身体的毒药。

除了洋快餐，我们身边还有很多不卫生、不安全的劣质食品，它们陈列在各家商店的柜台上，不需要店主向你推荐，不需要摆在最显眼的位置，只要你能发现，你的视线就不会离开这些花花绿绿的食品袋，并且心甘情愿地把手中的钱交到眉开眼笑的店主手上。精美的包装下，各类零食应有尽有，有油炸，膨化食品，其中还含有人造色素，香料，防腐剂等各种添加剂。对人体健康百害无一利。而就正是这些垃圾食品，在我们同学中有很大的市场，几乎把自己的零用钱都花在了这些慢性毒药上，这与吸烟、喝酒有什么区别呢?

偏食是我们小学生一个常见的不良习惯，它影响了身体对各种营养的需求。如果吃饭时偏食，只吃自己爱吃的食物会使身体里得各种营养不均衡，长期处在亚健康状态。因为没有一种食物能含有人体需要的全部营养，只有吃多种食物，才能使自己体内的营养丰富，拥有健康强壮的体魄，所以，作为小学生，为了健康成长，我们的食物一定要多样化。

**小学英语健康饮食作文范文 第六篇**

A good, reasonable and healthy diet is an important aspect of health care. It can make the body grow healthily. On the contrary, the dysplasia diet will lead to the normal physiological function disorder and infectious diseases.

The correct diet will help the body recover from the disease. In today\'s society, it has become a very hot topic.

中文翻译：

良好合理健康的饮食是保健的一个重要方面，它能使身体健康成长，发育不良的饮食反而会导致人体正常的生理功能紊乱和传染病，正确的饮食对于治疗疾病将起到帮助身体恢复健康的作用，在当今社会，它已经成为一个非常热门的话题。

标签： 新学期

**小学英语健康饮食作文范文 第七篇**

Thought that strong but a penniless young man, go to visit a venerable old king, as it happens, are catching up with the past had a bad illness, but the king still found the young man, and just “what is happiness” conversation picked up where it left off before.

The young man said: “dear king, I can assure you, you is the happiest person in the world, because you are rich.”

The king said, “young man, on the contrary, I have to I was the most unfortunate people in the world, and you have all the envy of health.”

Young ren da.

“No, dear king, you have a high position and great wealth, and if, if I can get it all, I would like to use my own health for.” The young man said.

Hearing this, the king is delicious. Two people exchange the healthy and wealthy.

**小学英语健康饮食作文范文 第八篇**

Second, we should eat more fruits and healthy eating habits. Third, we should have healthy eating habits. Less exercise is not conducive to good health and good rest.

Less meat and fish, more vegetables and enough exercise are good for our health.

中文翻译：

第二，我们应该多吃水果和健康的饮食习惯，第三，我们应该有健康的饮食习惯，少运动不利于健康良好的休息，少吃肉和鱼，多吃蔬菜和足够的运动有益于健康。

**小学英语健康饮食作文范文 第九篇**

As we all know, good eating habits are very important. Some students have bad eating habits. They often go to school without breakfast.

They eat some snacks. Some people often eat too much. These bad habits are harmful to our health.

In order to keep healthy, we\'d better eat regularly, eat different kinds of food and exercise our body. We should work hard Try to form good eating habits.

中文翻译：

众所周知，良好的饮食习惯是非常重要的，有些学生的饮食习惯很差，他们经常不吃早餐就去上学，他们吃了一些零食，有些人经常吃得过多，这些坏习惯对我们的健康有害，为了保持健康，我们最好有规律地吃饭，吃不同种类的食物锻炼我们的身体，我们应该努力养成良好的饮食习惯。

**小学英语健康饮食作文范文 第十篇**

Everyone has his favorite think eating healthy food is important for you .

someone likes fast food. I think it`s bad for should eat a lot of vegetable ,and drink some `s good fou you health.

someone is a eat vegetable and fruit every day, they think it`s good for health, but I think it`s also fine to eat some meat or fish .

People who eat a balanced diet should be healthier than those who only eat biscuits and hamburgers,shouldn`t they?I prefer to only eat healthy food,and I think I`m a vegetarian.

每个人都有他最喜欢的食物，我认为吃健康的食物是很重要的。

有人喜欢快餐。我认为这是对你有害。你应该吃大量的蔬菜，喝一些牛奶。它喝醉的你的健康有好处。

人是一个素食者。他们每天吃蔬菜和水果，他们认为这对健康有好处，但我认为这也可以吃一些肉或鱼。

吃平衡饮食的人应该比只吃饼干和汉堡的人健康，不应该吗？我更喜欢只吃健康的食物，我认为我是一个素食者。

**小学英语健康饮食作文范文 第十一篇**

It is known that the experiences we have in childhood relating to consumption of food affect our perspective on food consumption in later life.

From this, we are able to determine ourselves our limits of how much we will eat, as well as foods we will not eat - which can develop into eating disorders, such as anorexia or bulimia This is also true with how we perceive the sizes of the meals or amounts of food we consume daily; people have different interpretations of small and large meals based on upbringing.

众所周知，我们在童年经历有关消费的食物影响我们对食品消费的看法。

由此，我们能够确定自己的极限我们将吃多少，以及我们不会吃的食物——可发展成饮食失调，如厌食症或暴食症也是如此我们如何感知食物的大小或我们每天消耗大量的食物；小型和大型餐的人有不同的解释基于教养。

**小学英语健康饮食作文范文 第十二篇**

一、Diseases come on horseback, but steal away on foot.病来如山倒，病去士口抽丝。//疾病易患难愈。(生病容易但疮愈困难)。

二、 Diseases of the sou I are more dangerous than those of the body.身体有恙好治，心病难医。

三、 Early to bed and early to rise makes a man healthy, wealthy and wise.睡得早起得早，聪明富裕身体好。

四、 Eat at pleasure，drink with measure.随意吃饭，适度饮酒。

五、 Eat well, drink in moderation, and sleep sound, in these three good health abound.吃得好，喝得节制，睡得安稳，乃健康之道。

六、 Exercise, temperance; fresh air, and needful rest are the best of all physicians,运动、节制、新鲜空气和必要的休息是最好的医生。

七、 Feed a cold; starve a fever.着凉时要多吃，发烧时要少吃。

八、 Feed by measure and defy physician.饮食有节制，医生无用处。

九、 Few lawyers die well, few physicians live well.律师少善终，医生少健康。

十、 Fresh pork and new wine kill a man before his time,鲜肉力口新酒，催人早断魂。

十一、 Fretting cares make gray hairs,忧虑使人早生华发。

十二、 Good health is over wealth.健康是最大的财富。

十三、 He that goes to bed thirsty rises healthy.忍渴上床，起身健康。

十四、 He who never was sick dies the first, 从不生病的人往往一病致命。

[健康饮食英语格言]

**小学英语健康饮食作文范文 第十三篇**

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。蔬菜是维生素的最佳来源，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。

**小学英语健康饮食作文范文 第十四篇**

An increasing number of people are becoming aware of the significance of health maintainence . Just as the basic need of human beings for survival like food to prevent starvation and clothing to keep away from cold being healthy is one essential element which would be easily ignored . Here tips for keeping good healthy are to be : work regularily and rest adequately keep in good hours and have a healthy diet . If you do not intent to get yourself sick exercising every moring would surely be the best way to prevent disease .

Often can be seen that there are senior folks jogging and playing Taiji on the square or garden . And many young peers would much like to take sports gathering such as table tennis and badminton instead of spending the whole night getting drunk in bars . And as is known to all tobacco an alcohol are the two greatest evils that creat negative affections on our health . Thus a man should definitely be sure of what to eat and what not what to drink and what not . Besides joining a family outdoor pinic in a shining weekend would be a lovely way to keep psychologically/mentally healthy . Anyway health is the most precious gift that man can ever have .

越来越多的人们已经意识到健康的重要性。正如人类生存的基本需要，如防止饥饿的食物，防止寒冷的衣服，健康是一个基本要素，这将是很容易忽视。在这里，保持身体健康的秘诀是：工作规律和充分休息，保持良好的时间和有一个健康的`饮食。如果你不想让自己生病，每天早晨锻炼肯定是预防疾病的最好方法。

经常可以看到，有老人慢跑和玩太地广场或花园。许多年轻人喜欢参加体育聚会，比如乒乓球和羽毛球，而不是在酒吧里呆上一整晚。众所周知，烟酒是造成我们健康负面影响的两大罪恶。因此，男人应该肯定吃什么，不吃什么，喝什么，不吃什么。此外，在阳光灿烂的周末参加家庭户外野餐会保持心理/精神健康可爱的方式。无论如何，健康是人类所能拥有的最珍贵的礼物。

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