# 优秀七年级英语作文议论文：泡面

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*Instant Noodles　　Two years ago, I like to eat instant noodles very much, the instant noodles smell so delicious, because...*

Instant Noodles

　　Two years ago, I like to eat instant noodles very much, the instant noodles smell so delicious, because there are tasty flavor in it. When my mother was not at home, I would buy the instant noodles, as the time went by, I found my skin became bad and I would not like to eat rice. I felt so bad, my mother told me that I should not eat so much instant noodles, they contained no vitamins and also frustrated my appetite. I realized my problem and started to stay away from instant noodles, then my appetite became good and I wanted to eat rice again. Instant noodles are junk food, we’d better eat it less.

　　两年以前，我很喜欢吃泡面，泡面闻起来很香，因为有美味的调料在里面。当我妈妈不在家的时候，我会买泡面吃，随着时间的流逝，我发现我的皮肤变得不好，我也不怎么喜欢吃米饭。我感到糟糕极了，我的妈妈告诉我我不应该吃那么多的泡面，这些没有营养，也让我胃口不好。我意识到了我的问题，开始不吃泡面，我的胃口变好了，也有食欲吃米饭。泡面是垃圾食品，我们少吃。

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