

Healthy Lifestyle

For	Against
<p>1. Nowadays, people try to avoid bad habits, such as smoking and drinking alcohol, because they can affect their health and shorten their lives. Governments pay a lot of attention to encouraging healthy lifestyle. For example, smoking has been banned in public places in many countries as it leads to lung diseases.</p> <p>2. Another problem is connected with bad eating habits, such as eating unhealthy food and overeating. These days, people try to get rid of a habit of eating fast food, since obesity causes a lot of health problems and everyday difficulties. For instance, it is more difficult for fat people to get a job or even to make friends.</p> <p>3. In order to be strong and healthy and to look smart, people try to increase physical activity by walking or biking to work. They also go in for sports and exercise in fitness centers.</p> <p>4. The easiest way to exercise during the day is to do high-intensity gardening and housekeeping. You can also include more activity into your daily routine by taking the stairs instead of the lift, parking farther away from shops, and taking a quick walk during your lunch break.</p>	<p>1. Due to modern technologies, our lifestyle has become much easier now that results in little physical activity. People go by cars instead of walking. At home, they work on computers and watch TV. So, they simply don't have opportunity to exercise during the daytime.</p> <p>2. Modern life is so busy that people don't have enough time to go in for sports or exercise. For example, a large number of workers tend to have busy lifestyle as they have to overwork, spending a lot of time in front of computers.</p> <p>3. Lack of time is also the reason why people eat fast food and ready-made meals full of fats and calories.</p> <p>4. Due to the fact that organic food is rather costly, eating fast food is inevitable unless people can afford so much money on food.</p>

Fast Food

Advantages	Disadvantages
<ol style="list-style-type: none">1. Fast food saves a lot of time, When people have no time for cooking, they can have a ready-made meal.2. Lots of people like junk food because it is tasty and comparatively cheap.3. Fast food can be handy when you are travelling as you can't cook yourself.4. If you are concerned about the calories you eat, you can buy salad or juice, which are on the menu in the fast food restaurant. So, not all fast food is unhealthy.5. Due to the fact that fast food is served very quickly, eating this kind of food can be a good way to save time.6. You can find fast food stores everywhere, so you can eat on the go.	<ol style="list-style-type: none">1. Junk food has a bad effect on health as it contains a lot of calories from sugar or fat, which can lead to obesity. This is one of the problems of the USA, since fast food is very popular there.2. Junk food is low in proteins and vitamins that are very important for people's health.3. It contains a lot of additives, which are the reason why people get addicted to this kind of food so easily.

Vegetarianism

Advantages	Disadvantages
<ol style="list-style-type: none"><li data-bbox="195 691 940 943">1. Vegetarians do not eat meat because they support the idea of nonviolence towards animals and do not want to harm living creatures.<li data-bbox="195 982 972 1234">2. A vegetarian diet includes a lot of fruit, vegetables and nuts. It is rich carbohydrates, dietary fiber, vitamins, which can be considered rather healthy.<li data-bbox="195 1273 1010 1525">3. Vegetarian diets sometimes can help to cure and prevent some diseases like cancer, chronic fatigue, cholesterol problems and diabetes.<li data-bbox="195 1564 1005 1863">4. Evidence suggests that vegetarians are generally healthier and live longer than non-vegetarians. They have lower rates of heart diseases, obesity and some forms of cancer.	<ol style="list-style-type: none"><li data-bbox="1087 691 1902 943">1. If vegetarians do not eat meat, they have to supplement their diet with vitamins and minerals. Otherwise, they can become dangerously anemic.<li data-bbox="1087 982 1812 1234">2. Researchers have discovered that the vegetarians' bones are weaker than the bones of meat-eaters, since their diet contains very little calcium.<li data-bbox="1087 1273 1871 1472">3. It is not easy to be a vegetarian in everyday life as you have to learn that products you buy do not contain animal ingredients.

Genetically Modified Food

Advantages	Disadvantages
<p>1. In recent years, scientists have been able to transfer and alter DNA to improve our life. Genetically engineered foods give bigger yields, which is very good for the developing countries with their growing population and lack of food supplies.</p> <p>2. Genetically engineered food has better taste and bigger concentration of nutrients.</p> <p>3. The food supplies increase owing to the fact that genetically modified crops are resistant to plant diseases caused by insects or viruses.</p> <p>4. GM foods are developed and marketed because it is very beneficial for the producers as they get products with lower prices and longer durability.</p>	<p>1. The future of bioengineered food is unpredictable, since nobody knows how it will affect the humans. For example, it may lead to new unknown diseases that won't be cured by modern medicine. The effect on the environment cannot be predicted either.</p> <p>2. As genetically altered crops can cross pollinate with ordinary ones, new kinds of unknown plants can appear, which may destroy existing plant life.</p> <p>3. Due to the fact that many people suffer from allergies to various food items, including nuts, wheat, eggs or dairy products, there is concern that the GM protein products may be toxic or allergic to certain individuals.</p>