

# Listen to the summer: we are what we eat



*With the summer just around the corner, the weather is getting hot. In such a hot season, the majority of people might get agitated and tired. On account of the weather as well as our moods, we may have a irregular and unhealthy diet, which will do harm to our bodies. To abstain from the health hazard, we ought to be aware of the food that we choose to eat. However, do you know what kind of food that is suited to eat in summer? The issue of it now has been brought into public focus. So the article will show you how to choose the correct food, in addition that, you can also acquire what you eat and how to keep in good health. What are you waiting for? Just come to read it, I'm sure that you'll get some ideas from the article.*

**By: Fang Ming    120112103    Class 2**

In the summer, we always have a poor appetite. On the one hand, when the temperature rises, the needs of our bodies for the food energy will diminish. So we don't need to eat too much food. On the other hand, the hot weather may make us get thirsty easily, and many people like to drink the carbonated beverage. As is known to us, the carbonated beverage is rich in sugar and we can get full soon. On this occasion, people would like eat more snack food instead of having meals at the table. Nevertheless, it may pose a serious health problem: overweight. So, to avoid the problem, we should have a balance and healthy daily diet.

1) Drink: Upon arrival in the summer, the burning hot weather makes people sweat easily and be liable to thirsty. Cold drink will be the first choice for people to quench their thirst. Actually, the drink especially the soft drink doesn't really matter to quench the thirst as it contains much sugar. Soft drink may be tasty but we still feel thirsty. Now that we sweat a lot, some salt content of the body would also lose. So the best choice of drink had better be the boiled water with a little bit of salt. It can supplement the salt in our bodies and we won't get thirsty.



2) Fruits: Fruits are necessary to our health. The most

popular ones among fruits are definitely watermelons, which have an efficiency of clearing away summer heat. When we get thirsty, we can have watermelons instead of drinking water. Watermelons not only contain vitamins, but also are rich sources of glucose, glutamic acid, malic acid and so on. They are good to us. Going too far is as bad as not going far enough, so we should have a moderate in eating watermelons, otherwise, it will do harm to us. If you don't sleep well at night, bananas can be a good choice. There is also a saying: "One apple a day keeps the doctor away." Other fruits like strawberries, grapes and kiwi fruits are gorgeous as well.

3) Vegetables: As with the fruits, vegetables are closely related to our lives. Melon vegetables are more than 90% moisture content, and we need water replenishment in summer. Among this kind of vegetables are wax gourd, cucumbers, pumpkins, bitter gourds and the rest. Take bitter gourds for example, they can work up an appetite. But we should pay attention that bitter gourds can't be eaten too much at a time.

4) Meats: Meats provide protein, which is indispensable for our health. Apart from pork, chicken and duck meat are good options, especially the duck meat. It can be cooked with sticky rice, and it contributes to enriching blood and nourishing the stomach. It can also be stewed with kelps and prevent heart disease. But do not have more beefs and mutton, they are "hot" food. If you eat too much, you will feel lit and get a nosebleed.



Some noticeable changes have taken place in people's diet in recent years, experts remind us to bear in mind that proper proportion of different food groups is of vital importance for one's health, so the best policy is to strike a balance in our diet. Having a healthy diet, it can help you keep the hot weather at bay and have a wonderful summer.

If you want to find more interesting information, click [the link](#) .