

I agree with _____ and because a healthy diet is so important that it benefits all parts of the body; It supports it in performing its various functions, and helps protect cells from environmental damage and repair damaged ones; Where protein helps rebuild injured tissues, and enhances the work of the immune system, while carbohydrates and fats provide the energy needed for the body, and vitamins and minerals are involved in various body processes. Eating healthy food and exercising helps prevent and control many health conditions and chronic diseases. And Sports are also important to human life, no less important than healthy food