



Eat Right to have a Healthy Hair!

Vocabulary:

1. **Potion** - a drink that is meant to have a special or magical effect on someone.
2. **Follicle**- a tiny hole in the skin from which a hair grows.
3. **Routine** - a regular way of doing things in a particular order .

Do you have a healthy hair?

What's one of the best-kept secrets for healthy hair? Is it the latest exotic potion from Europe? An exclusive Hollywood salon conditioner?

You might be surprised to learn that it's a balanced diet. Experts agree that a healthy diet with the right mix of protein, iron, and other nutrients can help improve the health, look, and feel of your hair.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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