



Who doesn't love Junk food? It is available anywhere and sold in a very affordable price.

Junk food isn't *actually* made of trash or garbage. People use the term junk food to describe a food that has few of the nutrients your body needs, and a lot of fat, sugar and salt, which your body can easily get too much of. Potato chips, candy, and soft drinks are often considered junk food. If you like these snack foods, the trick is to eat them in small portions so that you still get the nutrients you need each day.

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

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