

Sugar Essay

Never eat sugary food. It will cause you to become obese or like the body of a Shamu or a heart disease and you could die for being obsessed.

Reasearchers at the UCL A have just released their finders on and the effect it has on the brain. It will decreased brain power, lower your energy, and weaken your muscle.

There is sugar however in fruit, veggies, yogurt, cereal and fruit drinks. It makes the healthy food and it has lots of vitamins and minerals. The healthy food can increase brain power and what gives us the energy we need to have big muscles.

Remember to eat healthy food cause gives that what it gives us energy. Remember don't even try to eat junk food cause youll be fat and have a heart attack