

# Paragraph on Health Is Wealth

**Question:** Answer the following questions to form a continuous paragraph. (100 words)

Do you follow the rules of health?

Is it necessary to follow them?

What is a balanced diet?

Do you have a balanced diet?

What is its necessity to keep good health?

**Answer:** There is one saying I thoroughly believe in. The saying is 'Health is wealth.' A healthy person is always happy. A sound mind lives in a sound body. I do follow the rules of health in order to keep myself healthy. One can hardly keep fit without following the rules of health. And one of them is to have a balanced diet. By a balanced diet, I mean the foods that provide us with energy and build our body. They are of six kinds e.g. (i) carbohydrates, (ii) proteins, (iii) minerals, (iv) fats, (v) oils, and (vi) vitamins. I try to have a balanced diet as it is necessary to keep fit. In absence of any of these elements, we cannot keep good health. There are fewer curses in the world than ill-health. An unhealthy person is a burden not only to others but also to himself.

Or,

# Paragraph on Health is Wealth

There is no doubt that health is wealth. A wealthy man with poor health cannot enjoy his life. So, all his wealth is useless for him. Money cannot buy health and happiness. For a student, good health is a must as to study regularly and he has to be fit enough. Therefore, to keep a good health man has to take a balanced diet as well as take regular exercise. He must drink pure water. Surely, if the mind and

body go well he will find to do everything well. On the other hand, a poor man with good health can enjoy life where a rich man with poor health cannot enjoy a sound sleep. He cannot enjoy good food and he spends his life under many defenses. Again, a poor but healthy man lives a better life and he can work hard, similarly enjoy a sound sleep. He does not spend sleepless and restless nights. He can eat whatever he wishes. Thus, a poor but healthy man can live a better life than a rich but sick man.