

## Eating Yourself Young

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各位老師，各位同學，大家午安，我是 809 周淳嘉，我是今天的英文小達人，今天，我要為大家播報的內容，是 Eating Yourself Young

Aging is inevitable, we all must grow old. Our skin becomes wrinkled, and our bodies slow down. Our brains also get old and our memory doesn't work quite as well as it used to.

Humans are very vain creatures and worry about their physical appearance a lot. Scientists have always looked for ways to stop, slow down or reverse the aging process. As a result, there are many expensive anti-aging lotions and potions available on the market.

Most people cannot afford those products, and want something more natural to use. Thankfully, those people can turn to superfoods.

A superfood is any food that has a lot of vitamins and nutrients, and is supposed to be good for you and your health. Did you know that blueberries can help slow down mental aging?

Tomatoes are good for your heart and avocados can give you healthy and shiny hair. If you're worried about wrinkles, eat some broccoli! Cucumbers are very tasty in a salad, and can also help you with your bones and joints. Sweet potatoes, pumpkins, and carrots are not only good for your eyes and skin, but can also decrease the risk of cancer!

Thanks for your listening. See you next time!