

B4

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I think my eating habits are normale.

They not above average good but not above average bad. When my family do shop food they go mostly to tegut or to dem's a Organic market. On Wednesday and Saturday they go to a market where Organic farmers and other local traders sell their products.

When they buy fruits and vegetable they dont use plastic bag, they bring a bag in the Supermarket or Market. We try to buy our beverages in glass bottles. Meel we eat not often, because my sister is vegan and even though she moved out we have not got used to vegan and vegetarian.

I think it is important to look what you eat, at least a little. It is good for oneself, for other people and the world.