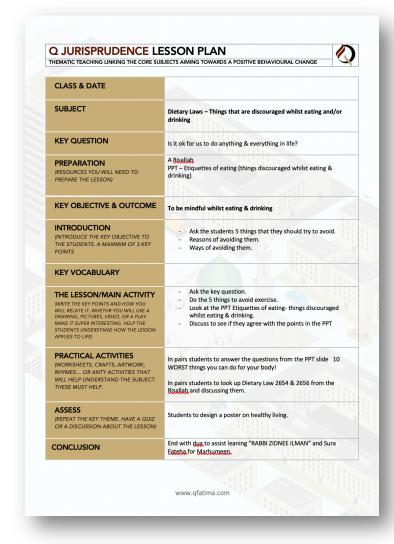
ETIQUETTES OF EATING

Things that are discouraged when eating



Q JURISPRUDENCE LESSON PLAN









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ETIQUETTES OF EATING-DISCOURAGED ACTS

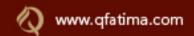


To eat until one is full



To eat when one is full

What is the difference between the above two statements?











ETIQUETTES OF EATING-DISCOURAGED ACTS

To look at the faces of other people whilst they are eating.











ETIQUETTES OF EATING-DISCOURAGED ACTS



To eat very hot food



To blow on your food/ drink





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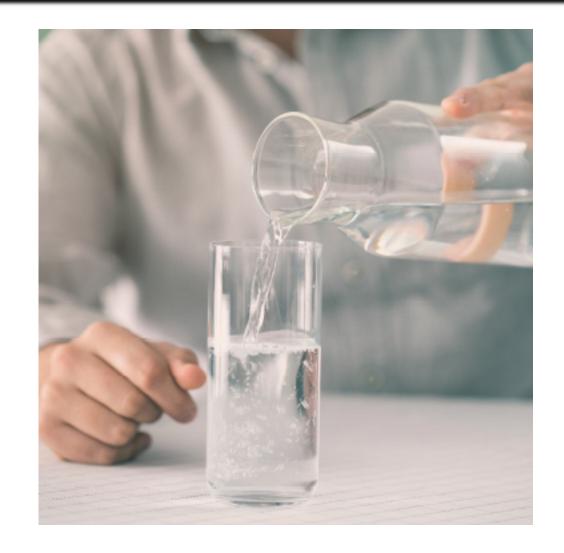




THINGS THAT ARE DISCOURAGED WHEN DRINKING

It is discouraged to:

- Drink a lot of water.
- Drink water after eating fatty food.
- Drink water at night whilst standing.











10 WORST THINGS YOU CAN DO FOR YOUR BODY

- 1. Not getting enough sleep.
- 2. Overtraining.
- 3. Drinking your calories
- 4. Snoozing.
- 5. Ignoring a treatable condition.
- 6. Being workaholic.
- 7. Texting too much.
- 8. Sitting too much.
- 9. Having too much screen time.
- 10. Staying on low-carb & low-fat diets.







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