When you are reading an essay, it is important to understand the context and the main points. The essay should be written in a clear and concise manner, and should be easy to follow. The subject should be relevant and the content should be engaging. The essay should also be written in a professional manner, and should be well-organized. The language should be precise and the grammar should be correct. It is also important to remember that the essay should be written in a way that is easy to read and understand.
下列题目，选择其中一个。250 至 400 个字。

1 **饮食**
   请谈谈快餐对年轻人健康的影响。

2 **机会均等**
   “一个人的能力决定了他成功的高度。”你怎么看？

3 **体育**
   请谈谈团队精神在体育中的重要性。

4 **社会和经济发展**
   请谈谈人口老龄化给中国社会带来的影响。

5 **生态保护**
   “发展旅游业必定会影响地方的生态平衡。”请讨论。
请把所选作文题号写在这里： ________________________________