



Hennessy Road Government Primary School (Causeway Bay)
2023-2024 2nd Term Writing (2)

4G(23) Ye Tsun Ho

Super School Newsletter

Good and Bad Food

In school, many students like eating junk food. We would like to focus on the topics of healthy food and know more about what good food and what bad food is.

Good food is the food that is healthy, like broccolis, blueberries, bananas and more. They are categorized as fruits and vegetables. They have a lot of vitamins and minerals. They are good for us.

Bad food is the food that is unhealthy, like sweets, French fries, ice-cream. They are all junk food, such as sugary food and fried food. They are bad for us.

Remember to eat more fruit and vegetables.

By Jack