



Hennessy Road Government Primary School (Causeway Bay)
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4H(23) Tsoi Ching Yui Ethan

Healthy School Newsletter

Eating Healthily

Some food is good for us and some food is bad for us. We need to eat less of some things and more of other things. Therefore, we should choose the best food for ourselves.

Fruit and vegetables are good for us. They keep us healthy because they contain a lot of vitamins and minerals in them. They also contain fibre, which promotes regular bowel movements and prevent constipation. Fruit and vegetables are full of nutrients, which can reduce the chance of getting diseases. However, we need to drink less fruit juice and eat more fruit and vegetables.

Sugary food is bad for us. They contain lots of sugar. They are bad for our teeth. They are as bad as enemies attacking us. They make us fat too. They always contain flavours and colours. We must eat less sugary food.

A healthy diet is essential for our good health. It protects us against many diseases and makes us strong. Therefore, we should eat healthy food daily!

By Ethan Tsoi