



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

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Hennessy Road Government Primary School Newsletter

Advice on Healthy Diets

Some types of food are good for us, but some types of food are bad for us. Therefore, we should choose the best food for ourselves.

Dairy products are good for us because they make your bones and teeth strong. Milk, cheese and yoghurt are examples of dairy products. We can buy them in supermarkets. It is a good idea to eat more cheese and drink more milk.

Salty food is bad for us because it is often high in salt. We should eat less salty food, such as potato chips and sausages. We should eat more rice, noodles and bread instead.

Remember that a balanced diet will keep you healthy. Then you will be as strong as a horse.

By Marcus Mak