



Hennessy Road Government Primary School (Causeway Bay)  
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Wan Chai School Newsletter

Advice on healthy diet

We need to eat every day, but some types of food are not good for us. So, we should know how to choose the best food for ourselves.

Dairy products are good for us because they are rich in calcium. They will make us grow taller. So, we need to eat more dairy products such as milk, cheese and yoghurt.

Fried food is bad for us because it will make us become fat and unhealthy. We need to eat less fried food, such as French fries and fried chicken wings. Sugary food is also bad for us. We should eat less sweets and drink fewer soft drinks.

Dairy products taste good, are healthy and affordable. So, let us be wise. Listen to my advice. Eat more dairy products.

By Mia Au