4S(10) Kwan Sin Man

<u>Hennessy Road Government Primary School Newsletter</u>

Healthy Diet

Some food is healthy while others are not.   So, if we want to have a healthy diet, we have to choose our food carefully.

Dairy products are good for us because they have lots of calcium. Calcium can help our bones and teeth to grow strong, so we have to eat or drink more dairy products, such as cheese or milk.

Sugary food includes sweets, ice cream, and cakes.   Sweets are the most popular snacks.   However, sugary food has too much sugar because food manufacturers want to make their food more appealing to people.   Sugary food is bad for us so we have to eat less.

If we want to have a balanced diet, we have to eat more healthy food, such as fruit and vegetables.   They have lots of vitamins and minerals.

Let's follow this good advice and be healthy!

By Zoe Kwan