



Hennessy Road Government Primary School (Causeway Bay)  
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**Hennessy Road Government Primary School (CWB) School newsletter**

**A Balanced Diet**

Some foods are healthy but some are not. We need to learn how to eat healthily.

Vegetables and fruits are healthy. Vegetables are good for us, they keep us healthy so we need to eat more vegetables such as broccoli and spinach. Fruits are rich in vitamin and contains lots of water. They are usually found in supermarkets.

On the other hand, fried food is unhealthy. Fried food is so oily that it makes us fat. We need to eat less fried food. Fried food is usually found in fast food restaurants.

Remember to eat healthily and do more exercise.

By Thomas Chan