



Hennessy Road Government Primary School (Causeway Bay)  
2024-2025 2<sup>nd</sup> Term Writing (2)

4G (5) (Fung Hoi Yan)

**Hennessy Road Government Primary School (CWB) Newsletter**

**A Healthy Diet**

It is important to have a healthy diet, we need to eat healthily.

First, we need to eat more fruit and vegetables because they keep us healthy and doesn't get sick easily. We need to eat enough fruit and vegetables such as oranges, pears, cabbage and spinach. They can help to kill the germs in our body so we don't get sick.

Second, fried food is bad for our health. It can cause heart disease and skin problems because it is high in oil. We can eat them but don't eat too much every day, or we will become fat. We mustn't eat too much fried food such as fried drumsticks, fried fastballs and French fries.

Also, we need to drink six to eight cups of water every day. If you follow my advice, you will be a healthy person.

By Fung Hoi Yan Samantha