



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

4G (14) (Leung Chi)

Hennessy Road Government Primary School(CWB) Newsletter

Ideas for Healthy Diet

Some foods are good for us but some foods are bad for us. We should know how to choose the best food for ourselves.

Fruit and vegetables are good for us because they have vitamins and give us energy. Fruit and vegetables also keep us healthy. They are lettuce, broccoli, peas, beans carrots, tomatoes, grapes, cherries, lychees and longans. We need to eat lots of fruit and vegetables.

Sugary food is bad for us because it is bad for our teeth. It makes us fat and makes us unhealthy. They are pancakes, cookies, muffins, doughnuts, pudding, Swiss roll, lollipops, French toast and waffles. We need to eat less sugary food.

Balanced Diet is important. They will keep us healthy.

By Chelsea Leung