



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

4H (22) (Tang Pok Kiu)

## **Sunny School Newsletter**

### **Advice on healthy diets**

Choosing the right food to eat is very important for us. For example, sugary food is bad for our teeth. We need to know how to choose it.

Fruit and vegetables such as tomatoes, strawberries and cherries are good for us. It is because they contain fibre and vitamin. Vitamin A is good for our eyes. Fibre helps you digest food. We can eat salad in snack time. We can also drink fruit juice, which is as tasty as soft drinks.

Fried food such as French fries and fried chicken is bad for us. It is oily and contains a lot of fat. If we eat fried food often, it may cause obesity and heart disease. We can eat steamed potatoes instead of French fries. It is a way to avoid fried food. Also, we should not eat fast food from McDonald's and KFC because they sell lots of fried food.

A balanced diet will keep us healthy, give us energy and make us as strong as supermen. Remember to eat right!

By Kody