



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

4P (11) (Lam Chun Hei)

Healthy School Newsletter

Good and Bad Food

In school, too many students like to eat junk food, only a few students like to eat healthy food but these aren't great for us. They can harm our teeth and make us fat.

Dairy products are great for us. Things like milk, cheese and yoghurt belong to this group. They are rich in calcium. Calcium helps us build strong bones and teeth, just like how a building needs a strong foundation, our bodies need strong bones. We should drink a glass of milk every day and have some yoghurt as well. Eating enough dairy products is a key part for staying healthy.

On the other hand, sugary food is not good. Chocolate, puddings, ice cream, sweets and sugar are all in this group. These kinds of food are bad for our teeth because if we eat too much sugar, it will cause toothaches. Also, they can make us fat easily. We might not be able to run or play as fast as we want if we are too heavy. So, we need to cut down on sugary food.

In conclusion, students should pay more attention to their diet. We should make sure to eat enough healthy dairy products and reduce the amount of sugary food we eat. By doing this, we can grow up strong and healthy, and have more energy to study and play.

By Hayson