



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

4R (18) (Wong Shing Hei)

### **Sunny School Newsletter**

#### **Advice on healthy diets**

I would like to share some advice on healthy diet. It is important for us to stay healthy.

Fruit and vegetables are good for us because they are full of vitamins and minerals. They keep us healthy. Fruit and vegetables include apples, broccoli and corns. We should eat at least two portions of vegetables and two portions of fruit per day.

Fried food is bad for us because it makes us fat and is bad for our skin. Fried food includes French fries and fried fish balls. They are not good for our hearts because they are salty. We should eat fruit snacks instead.

Starting from now, we should try to eat more healthy food and less junk food and have a balanced and happy diet.

By Bennett