



Hennessy Road Government Primary School (Causeway Bay)
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4S (2) (Chan Yat Hei)

Healthy School Newsletter

Tips for Healthy Diets

Some types of food are good for us, but some types of food are bad for us. Therefore, we should know how to choose the best food for ourselves.

Grain products are good for us because they can give us energy. Rice, pasta and bread are examples of grain products. Grain products taste good. It is a great idea to consume more grain products.

Fried food is bad for us because it makes us fat. It is high in fat. Fried chicken wings, French fries and chicken nuggets are some examples of fried food. We should eat less fried food.

Remember that a balanced diet and regular exercise will keep your body strong and healthy.

By Lucas Chan