



Hennessy Road Government Primary School (Causeway Bay)
2025-2026 2nd Term Writing (2)

4G (22) (Wong Pui Kiu)

Hennessy Road Government Primary School (Causeway Bay) Newsletter

A Balanced Diet

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

Fruit and vegetables are good for us because they provide various vitamins and minerals. They give us energy and keep us healthy. We need to eat more fruits and vegetables such as apples, bananas and carrots. We can buy them in supermarkets. We ought to eat them every day!

Fried food is bad for us because it can cause skin problems and weight gain. We need to eat less fried food such as fried drumsticks and fried fish balls. We also need to eat healthier food so we can be stronger.

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

By Sophie Wong