



Hennessy Road Government Primary School (Causeway Bay)
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4H (1) (Chan Lok Lam)

Healthy School Newsletter

Advice on a Healthy Diet

Having a healthy diet is important to all of us. For example, fruit and vegetables are good for us, while salty food is bad for us. Do you know why they are good or bad? Let's find out!

Fruit and vegetables are good for us. They provide vital nutrients like vitamins, minerals, fibre and antioxidants while being low in calories. They are good for our skin and eyes, too. They can also reduce the risk of chronic diseases, including heart disease, stroke and certain cancers. We should eat four servings of vegetables a day to stay healthy.

Salty food is bad for us. Eating too much salt can cause high blood pressure, which increases the risk of heart attacks and strokes. It can also make us gain weight. High salt intake can cause problems such as dehydration, puffiness, inflammation and even accelerated aging of the skin. We shouldn't eat more than 5 grams of salt a day. Try to add flavour to your food with herbs, spices, black pepper, garlic, chili or lemon juice instead of salt.



Having a healthy and balanced diet will keep your body strong and healthy. Remember to eat fewer salty food, fried food or sugary foods and more vegetables, fruit, meat, dairy products and grain products.

By Kadence Chan