



Hennessy Road Government Primary School (Causeway Bay)
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4P (20) (Tye Ho Cheung)

HRGPS(CWB) School Newsletter

Eating a healthy diet is one of the simplest ways to look after our bodies. Some food is good but some food is bad for us.

Grain products such as rice and bread give us energy to study and play. They can keep us healthy, help us digest food easily and contain fibers which prevent constipation.

On the other hand, sugary food such as sweets and chocolate make us get tired easily. They can also make us gain weight and make our teeth rotten. Moreover, they can make us have heart disease.

All in all, we need to eat more grain products and eat less sugary food. From now on, you will stay strong and feel happy.

By Matt