



Hennessy Road Government Primary School (Causeway Bay)
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4R (7) (Chui Tsz Yeung)

HRGPS(CWB) School Newsletter

Healthy Diet

Some types of food are good for us, but some types of food are bad for us. We need to know how to choose the best food.

Grain products are good for us because they have carbohydrates. Grain products such as rice, noodles and bread. Grain products can give us energy and keep us healthy. We need to eat three to four bowls of grain products every day.

Sugary food is bad for us because sugary food has many sugar. Sugary food such as pancakes, cookies and cola. We need to eat less sugary food because it makes us fat and bad for our teeth. We need to eat fruit instead of sugary food.

Remember that a balanced diet and follow the food pyramid will keep your body healthy.

By Chui Tsz Yeung