



Hennessy Road Government Primary School (Causeway Bay)
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4G (10) (Lau Charlotte)

Jupiter Primary School Newsletter

Healthy Diet

There are different kinds of food and food groups. It is important to have a healthy and balanced diet for a healthy, good and happy self. Let's see what food is good or bad for us.

Let's talk about fruit and vegetables like apples, carrots and kiwi fruit. Do you know why they are good for us? It is because they are good sources of vitamins and minerals including folate, vitamin C and potassium. They also provide the body with dietary fiber, which keeps the digestive system in a great condition. It is a good choice to eat more of them. However, we need to drink less fruit juice because it may contain lots of sugar. We can drink freshly squeezed fruit juice instead.

On the contrary, sugary food like chocolate and ice-cream is bad for us. It is because it is often high in sugar and calories, which are the main cause of obesity. If we eat too much of them, we might have cancer, heart disease or high blood pressure which are harmful for us. We should eat less sugary food and more fruit like apples and bananas instead.

Now we know what food is good or bad for us. In addition, we need to do exercise every day like going for a walk at the park. Finally, we must drink six to eight glasses of water and follow the food pyramid often.

By Charlotte Lau