



Hennessy Road Government Primary School (Causeway Bay)  
2022-2023 2<sup>nd</sup> Term Writing (2)

4H (15) (Kong Tsz Ming)

Healthy Primary School Newsletter

Advice on Healthy Diets

A healthy diet helps us improve our health. Let's take a look at some tips of choosing healthy food.

Fruit and vegetables are good for us because they are rich in minerals and vitamins. They can make us healthy. Apples and broccoli are examples of fruit and vegetables. It is good to eat fruit after meals. We should also eat more vegetables and less meat.

Salty food is bad for us because it contains too much salt. Too much salt is bad for our kidneys. It is a good idea to eat less salty food. We should also drink a lot of water after eating salty food.

A healthy and balanced diet promotes healthy life. Let's change our eating habits. Let's have more healthy food.

By Dominic Kong