



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

4R (17) (Ngan Hei Lam Haylor)

Sunshine School Newsletter

Advice on healthy diets

Some types of food are good for us and others are not.

Dairy products are good for us because they contain protein, and we need protein and minerals that make our bones and teeth strong. We need to drink a glass of milk every day.

Sugary food is bad for us because too much sugary food is bad for our teeth and makes us fat. It is a good idea to stop eating sweets and processed fruit juice for snacks. It is better to eat fresh fruit instead.

So let's follow this good advice and be healthy!

By Haylor Ngan