

Little Writers (Online version)

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Class: P. 5A (Faith)

Title: Giving advice

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Dear Tammy,

Thank you for completing the questionnaire on eating habits. I'm very sorry to say this but after reading your questionnaire I find that it seems that you are not healthy and I would like to give you some tips!

I see that you don't eat enough vegetables or fruits. Maybe they don't taste too good but they are very healthy! Fruits can help heal your scars and vegetables can give us minerals plus vitamins! We should eat about 2-3 bowls of fruits and vegetables a day.

Also, you eat a little too much meat. Meat may taste good but it contains a lot of fat too. You should eat meat moderately. We should eat about 1 bowl a day to keep healthy!

I also know that you don't drink much water. You may be thinking why water is so important to the human body. It's because 72% of our body is made out of water! If you get dehydrated then you will get a headache and I'll tell you that it doesn't feel good at all. It is very important that we drink 6-8 glasses of water a day. If you don't like drinking milk, then you can eat yogurt or cheese!

It is good that you don't eat a lot of sweets but it's bad that you eat a lot of oily food! I know French fries and potato chips taste good but they are very unhealthy. They are very oily and salty too. I think that we should eat French fries and potato chips once per two weeks.

Last but not least, I think that you should eat breakfast every day because breakfast is one of the most important meals of the day! It's good that you eat afternoon tea but you should stop eating when you are full! If you keep eating after you are full, you will be overweight. I think you should eat more healthy snacks like nuts and fruits! Nuts and fruits are very healthy snacks and they are tasty too! It's better to eat in than eat out. Only one fast food meal per month may be healthier. Hope these tips are useful for you.

Good luck,

Ben