

Little Writers (Online version)

Name: Chow Yee Nga Athena (6)

Class: P. 5C (Faith)

Title: Giving advice

25th November, 2020

Dear Tammy,

Thank you for completing the questionnaire on eating habits. Having read your questionnaire, I find that you do not have healthy eating habits.

First of all, you should eat fewer snacks. Snacks are not good for your health because they contain a lot of sugar, fat and salt. You should eat breakfast every day because breakfast gives you energy. If you don't eat breakfast, you might not focus on your studies.

Secondly, you should eat more vegetables and fruit because vegetables contain fiber and fruit contains vitamins. They can heal you when you get hurt. So, I suggest that you eat healthily and keep fit.

It seems that you are not healthy because you eat too much meat. I suggest that you eat less meat since meat contains a lot of fat. You should eat grains, vegetables and meat in a 3:2:1 ratio.

Drinking plenty of water is important. If you don't drink enough water, your skin might become dry. So, I suggest that you drink more water and milk. Also, you should drink less cola because cola contains a lot of sugar. You should not take in too much sugar.

To conclude, having a balanced diet will help you keep fit and healthy. Finally, I am sure that if you follow my advice, you will see that everything will work.

Best regards,
Ben