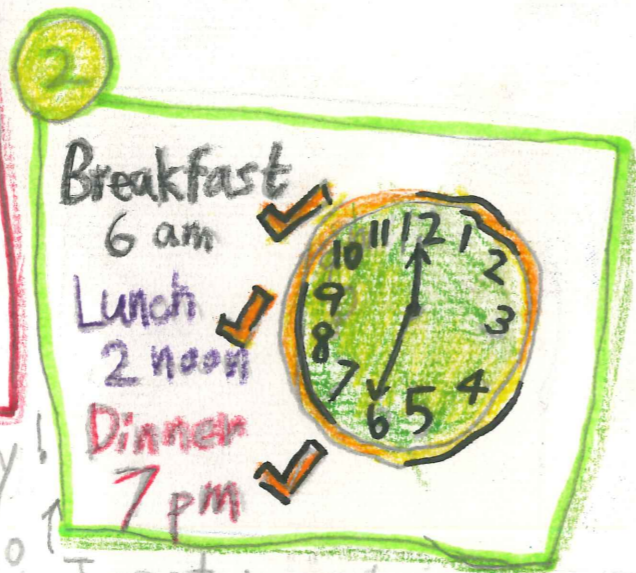


Kaka Fong (10)
Pl-Hope 1H.

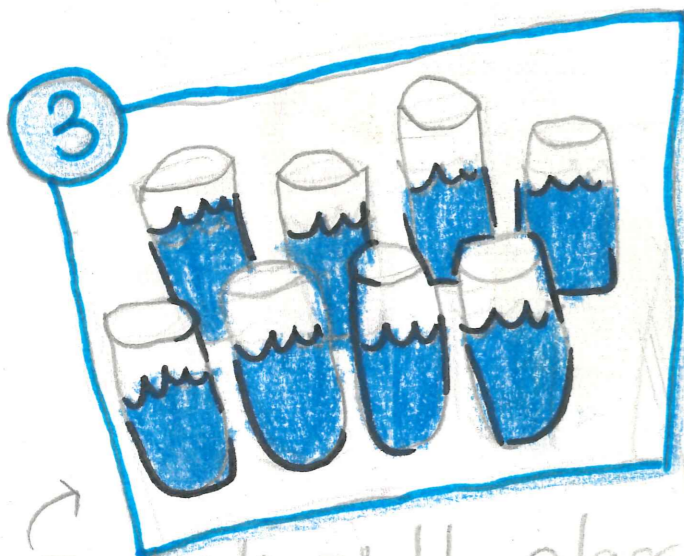
My Good Eating Habits!



1 I eat breakfast everyday!
So we have energy to play and learn at school.



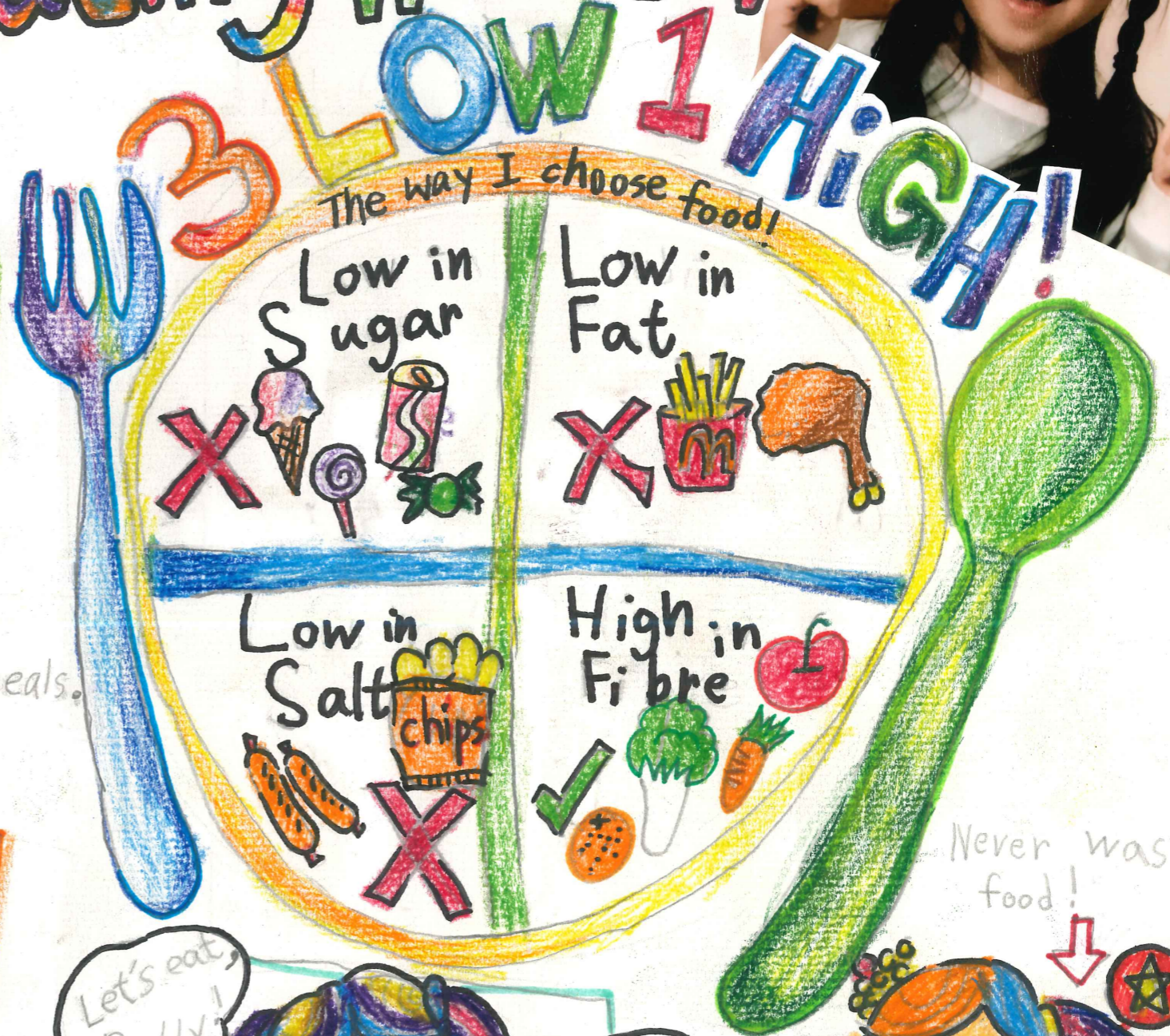
2 I eat regular and balance meals.
So I won't get too hungry or too full.



3 I drink eight glass of water everyday!
water allows oxygen travel to our body!



4 I would eat less junk foods because it has too much fat and salt.



Being polite!

