



My Good Eating Habits

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Pl-Hope (24)

My eating habits and how these habits keep us healthy:

1. Eat breakfast



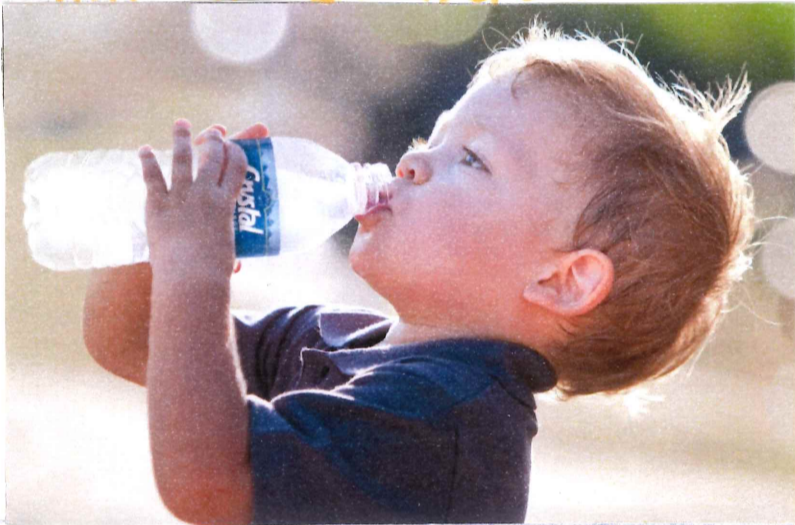
Provide enough energy

2. Eat less junk food



Take in less fat, salt and sugar

3. Drink enough water



Maintain body function

4. Wash hands before eat



Prevent diseases

The way to choose healthy food:

Follow '3 low 1 high' rule


1. less fried food, more steamed food.
2. less soft drink, more water.
3. eat more homemade food.


Good table manners




- Sit properly.
- Don't talk when eating.
- Don't play at the table.

Healthy Food

Wheat bread; 


Low-fat milk; 


Fruits. 

(they are '3 low 1 high' food)

Unhealthy Food

Chocolate; 

Potato chips; 

Soft drinks. 

(they are '3 high' food)

What I wish to do better:

- ✓ Eat more vegetables, fruits;
- ✓ Sit properly and straight in my chair when I am eating.

