

5D Kingston Kwong

A healthy meal

Yesterday, I had bread with milk for breakfast. I had chicken and rice for lunch. For dinner, I had corn and broccoli with noodles. After dinner, I ate an apple.

My meal was healthy because I ate enough grains and vegetables. But I should eat more fruit a day. To stay healthy, I should eat more fruit. I should eat fewer sweets. I should not eat too much oil, salt and sugar.