



Class: 4A (8)

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How To Eat Healthily At A party

We are going to have a year-end party in July. We can bring healthy food and snacks to the year-end party.

We can bring fruits, such as apples, oranges and mangoes. They are rich in vitamins, minerals and dietary fibres. It is better to have fresh fruit instead of fruit juice because fruit juice often contains a lot of sugars. We should only have 2-3 servings every day, which is a piece of fruit per serving. We should eat fruit because they are good for us. Fruit is good for us because they contain important vitamins and minerals and can





protect us from cancer, heart disease and diabetes.

We should bring a little fried food, such as fried chicken and French fries. We shouldn't eat a lot of fried food because they contain a lot of oil. Fried food is bad for us because they are rich in fat and make us fat if we eat too much. We can bring steamed chicken instead because steamed chicken is low in sodium and requires no added oil. Therefore steamed chicken is a nutritious and delicious choice. Fried food has a lot of trans fat and can cause heart disease, cancer and obesity.

We should all eat healthy food and get the right amount that we can finish. We should cherish our food and finish it.

