

A decorative border of various musical instruments including drums, triangles, cymbals, and bells, arranged in a repeating pattern along the top, bottom, and sides of the page.

A letter to Miss King

By Chen Wan Ting, Vivian

Dear Miss King,

How are you? I am Vivian Chen. I watched the video about your eating habit. I think your eating habit is unhealthy. Here is some advice for you.

For breakfast, you drank a can of cola and ate half a slice of bread. I think too much cola is bad for you because soft drinks can make you fat. You need to eat more bread because grain products can make you strong.

For lunch, you ate five stripes of steak, two cherries and a small bowl of rice. It is better to eat less meat because meat can make you fat. You need to eat more fruit and vegetables because they have lots of vitamins and minerals. You need to eat more rice because it gives you more energy.

For dinner, you ate a ball of ice-cream, two packets of French fries. Too much ice-cream is bad for you because it is high in sugar and easy to cause tooth decay. You need to eat fewer fries because they are high in salt.

I hope you will be healthy!

Best wishes,

Vivian