

A letter to Miss King  
by Wong Cheuk Hin Hinson

Dear Miss King,

How are you? Thank you for sharing your eating habit with me. However, your eating habit is not healthy so I would like to give you some advice.

First of all, having cola for breakfast is bad for you. Cola is high in sugar and it can make you suffer from tooth decay. It is better to replace cola by water, juice or milk that contains less sugar. Also, an appropriate drink for breakfast can provide you energy to kick off the day.

Secondly, your lunch is alright but more vegetables and less meat would be better. A balanced diet is important to us. We have to eat optimal amount of vegetables, meat, rice and fruit in each meal.

Last but not least, consuming too many French fries in dinner is bad for you. They are high in salt, calories and fat. You need to eat less junk food, like French fries, for dinner and eat more vegetables. Vegetables contain fibre that helps digest food and is good for our intestines and stomach.

I hope you will consider my advice and be a healthy person.

Best,  
Hinson

