

45 (8) Max Man

My Eating Habits

I think I usually have good eating habits, but I don't like vegetables. I think I have a balanced diet because I eat a lot of meat, vegetables, carbohydrates and fruits, so I think I eat enough healthy food.

I usually have yoghurt, macaroni, bread, cake, milk and even rice for breakfast. These foods are very good for my health, because they have lots of hearty nutrition such as carbohydrates, proteins and vitamins. My breakfast gives me enough energy for the whole day.

My mum makes different food for my lunch and dinner such as pasta, rice, noodles, pizzas, sushi and even hotpot. They belong to grain products, meat and fish, vegetables, etc. They are very good for my health, because they can make us strong and give us energy.

I sometimes eat snacks but not very often. I love French fries and potato chips the most. They are bad for my health because they can make us fat. That's why I will eat less junk food and drink water after eating them.

45 (22) Tsang Ho Ken, Alton

My Favourite Animal

My favourite animal is the giant panda. I like giant pandas because they are cute.

Giant pandas are black and white. They have black fur on their ears and eye patches. They live in Szechuan, China. They weigh about 100 kg.

They like eating bamboos. They can eat up to 12 kg a day. They like resting and climbing trees, too. Females can give birth only once a year. The baby giant pandas are called panda cubs.

Giant pandas are vulnerable. There are only about 1,800 left in the wild, so we should protect them.