

Shek Lei Catholic Primary School

Name: _____() Class: P.4 ()

Dictation (7)

Part A

Healthy Diets

Grain products are good for us because they give us energy. They help us run and jump! We also need to eat lots of fruit and vegetables every day because they can keep us healthy. Dairy products can make our bones and teeth strong. Meat and fish help our body grow strong. But don't eat too much. They can make us fat!

Fried food or sugary food is bad for us. We need to eat a little only.

Part B (extra 10%)

3000+ Words for writing P.31-34
