



EPS Express

March 2016, Foodies Edition

My favourite food is Mangoes. I buy them at the supermarket. They taste sweet, and they are healthy.

P1 Tracy



My favourite food is a cheese hamburger. I buy it in McDonald's. It is yummy, but it is not healthy.

P1 Marcus



My favourite food is cotton candy. I can buy it at Jumpin' Gym. It tastes good, and so sweet, but it is unhealthy.

P1 Candace



My favourite foods are hamburgers and fries. I buy them from McDonald's. They are yummy, but they are a little bit unhealthy. Sometimes my mum makes hamburgers herself. Mum puts lettuce in the hamburger. It is healthy and yummy. I love my mum's handmade hamburgers.

P1 Bernice



My favourite food is bananas. I buy them from the supermarket. I like bananas because they are sweet and healthy. I like eating banana splits.

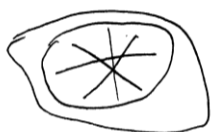
Bananas look like the moon.

P2 Ryan



My favourite food is a cheese omelette. My mother cooks it for me every day. It tastes delicious. It is healthy because it gives me energy. Also, it helps me to grow.

P2 Sandy



My favourite food is fish. I like eating the fresh fish caught by fisherman in the sea. Fish is a healthy food and dad cooks it for dinner every day. I like steam cooking because it is delicious. My dad goes to the seafood market to buy it.

P3 Kayden



My favourite food is pizza. I like pizza with mushrooms, ham, cheese, and tomato sauce. I always go to pizza hut to buy it. I buy the big pizza and share with my family. The pizza tastes very good. It is not very healthy, because it is so salty, but I like it very much.

P3 Lucas



My favourite food is turnip cake. My mum makes it once a month. It tastes salty. It's made with radish, mushrooms and Chinese sausage. We eat it at Chinese New Year. It is healthy.

P3 Eliza



My favourite food is noodles.

Every day after school, my mother makes noodles for me. She puts some meat and vegetables on it. I like it most if she adds some chili sauce. It is very tasty and good for my health, too!

P4 Lambo

My favourite food is broccoli. We can buy it in the market or supermarket. It tastes very delicious and crunchy.

I eat broccoli almost every day. It is very healthy, too. I usually eat broccoli for dinner with my family. I rarely eat broccoli for lunch because there isn't much broccoli in the school lunch boxes. I never eat broccoli in the morning, do you?

I think it's very weird to eat broccoli for breakfast.

I know most children don't like broccoli. but...do you like broccoli, too?

P4 Harriet

My favourite foods are sushi and dim sum. Sushi is Japanese food. I like it because it is soft and cold. I eat sushi with sauce and wasabi.

I like dim sum, too. I like eating custard egg buns and pork rice rolls. Custard egg buns are sweet. I like them so much! They are delicious.

I eat sushi in a Japanese restaurant for dinner and dim sum in a Chinese restaurant for breakfast once a week. They are both healthy.

P4 Owen

Fat Shing Restaurant is Hong Kong style food at its best.

Located on Yan Fong Street in Kwai Fong, this is (personally speaking) the best restaurant in the world, and it was opened by my uncle.

For starters, try their sausage, wings, and chips plate. They're crunchy and a bit salty, but not oily at all.

For mains, go with the curry beef brisket. It's tender and hot. If you don't like curry, just order the non-spicy one with radish.

For an after-meal drink, try their famous milk tea. It's smooth and a little bitter-sweet. Served ice cold or hot, both are delicious!

Fat Shing Restaurant is a great place for dining. I really recommend you go there!

P5 Sean Pang

Ruby Tuesday's is Western food at its best. Located on Tai Pa street in Tsuen Wan Plaza, I think this is the best restaurant in the world!

For starters, try their salad. It's healthy.

For main dishes, I recommend the mini-trio and cheese fries. They're delicious and a little salty. For the drink I recommend iced lemon tea. It's sweet! Then, finish with Chocolate Tallcake!

P5 Sunny

Café Gelato is a paradise for pasta lovers! Located at 43 Lung Mun Street in Tuen Mun, it's a small shop and only charges about \$50 per meal.

For starters, try their omelet. It's super buttery! Both taste and aroma are great.

For mains, go for the spaghetti with tomato sauce and pork. The spaghetti is rich, the tomatoes melt in your mouth, and the pork is tender and juicy.

For drinks, go for the fruit juices. They're freshly made, and you can choose what goes with what. I especially recommend apple and cucumber juice. The apple is sweet, and the cucumber is refreshing and a bit bitter. Boom! The perfect drink!

For a finishing touch, try the pudding with caramel sauce. Although it's quite sweet, it's delicious, and if you like it, get one to bring home and share that sweetness with your family or friends!

P5 Rachel

McDonald's is a fast food restaurant you can find all over Hong Kong. One of them is located on Tai Ho road. A meal usually costs \$25.

For starters, try their cheese burger. It's oily and unhealthy, but tasty and cheap.

For mains, go with the chicken wings. They are crunchy and juicy.

For desserts, you must try the McFlurry! Oreo Cookie Crunch is the best. It's sweet and creamy.

P6 Anthony

Insect Restaurant: I think this restaurant is the worst! It's located in Central and the food there is disgusting!

For starters, I had the insect apple pie. It was too dry!

For the main course, I had the insect hamburger. It was too hard!

To drink, they recommended an insect milkshake, but I thought it was too milky. At the end, we ordered insect ice-cream for dessert. It was too sweet!

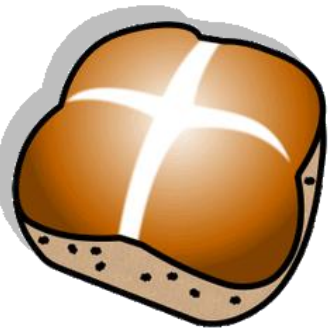
The food was the worst ever! I will not recommend this restaurant to my friends.

P6 Chung Hiu Lam

FESTIVAL FOODS!

Do you know why people eat at these at Easter?

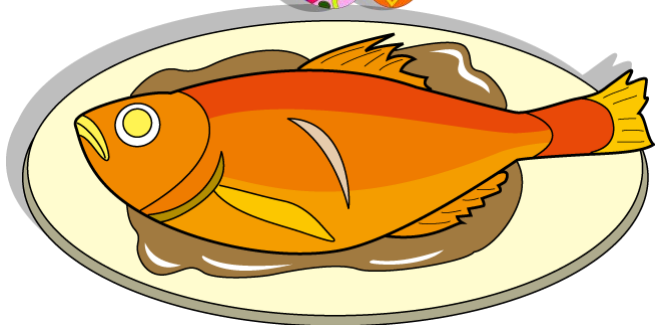
Hot cross buns are made to remind people of the story of the cross.



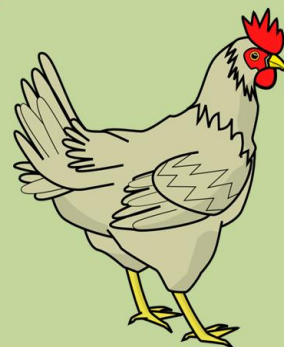
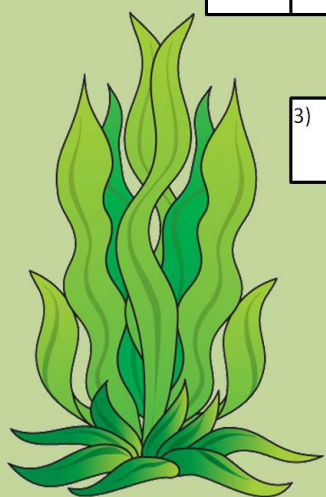
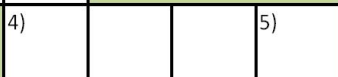
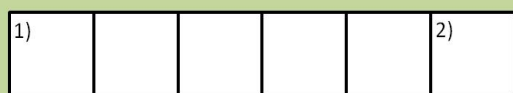
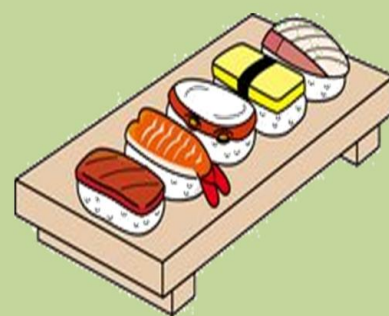
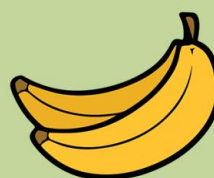
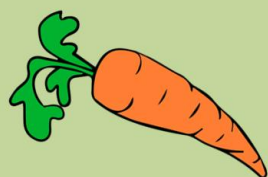
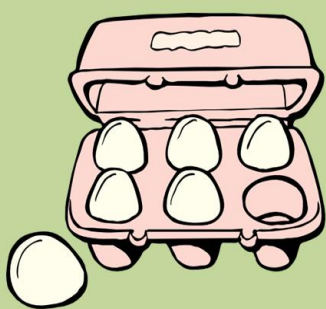
Many people will not eat meat at Easter, so they have fish instead.



People make chocolate rabbits and eggs to remind us of the new life starting in Spring.



Crossword Puzzle!



Easy Version (Recommended for P1-4)

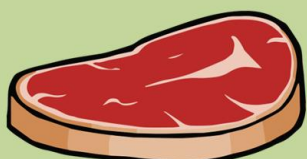
- 1) It is a long orange vegetable.
- 2) It is a hot drink. It is made with leaves.
- 3) A circle with tomato sauce, cheese, and meat on it.
- 4) A bird will lay these.
- 5) It is from Japan. It is fish on rice.
- 6) It lives on a farm. It is a bird with red on its head.
- 7) Monkeys love this yellow fruit.
- 8) Cow meat is called _____.
- 9) Potato _____ are not healthy.

*Difficult word hint = beef

Difficult Version (Recommended for P5-6)

- 1) It is a vegetable. It can make you cry.
- 2) It is a kind of bean. You can make 'milk' from it.
- 3) This is a kind of sugar made by bees.
- 4) You cook with it in a pan so food will not stick.
- 5) A big piece of red meat cooked in the pan.
- 6) A green, round vegetable, used in Chinese cooking.
- 7) An underwater vegetable. It looks like green paper.
- 8) A liquid you eat from a bowl with a spoon.
- 9) This mix of lettuce and tomato is fresh and healthy.

*Difficult word hint = oils



Book Recommendation by P4 Harriet

Hey! Have you heard of Yeti Spaghetti? It's a book about a village that's *crazy* about cooking.

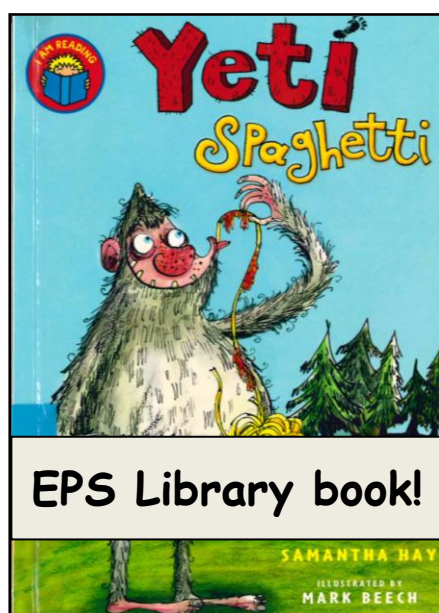
But one problem: there are many monsters

called Yetis, who keep stealing their food. And they're about to have a

cooking competition!

Oh! What can they do?

Great for P4-6 students!



You Write Comic Corner

(P. __) Name: _____

