

## My Favourite Food

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Although yummy food like marshmallows, potato chips, French fries, etc. are all youngsters' favourites, they are not my favourite food and they are not healthy to eat. So let me tell you about my favourite food.

My favourite food is a kind of vegetable. It's name is 'tomato'. It can also be regarded as a fruit. Tomatoes are red and rich in vitamins. There are many kinds of tomatoes with different shapes and sizes. Many families prefer to buy small tomatoes for fruit. Big tomatoes can be cooked with eggs. The taste is simply great! I like tomatoes with fried eggs too. It is delicious and easily served with rice. Moreover, tomatoes can be used in salads.

Many ladies like tomatoes because they are healthy. You can now see there are many good things about tomatoes and therefore they are popular among girls.

Lastly, let me remind you that vegetables are good for your health.

**Teacher's Feedback : You are able to convince us that your favourite food is the right choice for everyone. (Mr. Louis Tsang)**