



The dish I like best

By Cindy Tso Tsz Yui 4D

What's your favourite dish? Maybe all kinds of delicious food around the world. But for me, it's steamed tofu. Steamed tofu is from China. It is soft and has a mild flavor. It's also fresh and smooth.

I eat steamed tofu in all seasons. I often eat it at home but sometimes I eat it in the restaurants. No matter what ingredients the restaurant use to cook with it, the taste is very memorable!

Steamed tofu is a nutritious food. It's high in protein, fiber, minerals and vitamins. It is also low in calories.

I like steamed tofu not only because it's delicious, but it also shows the wisdom of our ancestors. I'm sure this dish is a gift from China to the world.