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Healthy eating

A boy called Billy. He was a fat boy. He had bad habits. Billy liked to eat junk food included hamburgers, cola, chocolate, potato chips and French fries. He always played video games at night and he went to bed late. Thus, he got up late so he didn't go to school. He often missed school.

One day, He played basketball with his friends in the basketball court. Suddenly, Billy felt dizzy and his limbs were weak. His friend were surprised to see that. 'Are you okay?' said his friend. 'I feel dizzy!' replied Billy.

His friends took him to the bench and they tried to comfort him. Billy took a rest. His friend gave him some advice. 'Billy, you need to eat more healthy food. You need to drink more milk and water. You need to do more exercise.' 'I want to be strong and fit. I will change my bad habits. I will eat healthy food. I will do more exercise. I won't play video games

at night or I won't go to sleep late anymore,' thought Billy.

After six weeks, Billy could play ball games with his friends and he could play games for an hour. Billy and his friends felt joyful.

Teacher's comment: Good work! Able to provide supporting details. The ideas are coherent.