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Class: 4B

## Healthy Eating

Billy is nine years old. He likes playing computer games at night. He always sleeps at six o'clock in the morning so he doesn't go to school because he wakes up late.

Yesterday, Billy had his breakfast at noon. He ate fried chicken, French fries, cola, potato chips and sweets. After breakfast, Ben and Ken played basketball with Billy in the basketball court. After a while, Billy felt tired. He felt unhappy. Ken talked to Billy. Ken said, 'You don't have good habits. You play computer games until late night. You don't go to school in the morning. You eat a lot of junk food. You always feel tired and dizzy. You need to eat healthy food and a lot of vegetables.'

Billy felt sad. He thought that he was too fat. He learnt that he had to lose some weight. He decided to eat healthy food, vegetables, fruit and rice. He did more sports and slept early. Finally, Billy became strong and healthy.

*Teacher's comment:*

*You organized your ideas in a logical way. It was well-written*

*with a lot of details. Keep up the good work!*