

A Bad Day for Carmen

Carmen had bad eating habits. She never ate vegetables or fruit. One night, her mum said, 'You need to eat more vegetables and fruit.' Carmen said, 'No! I don't like to eat them! I like to eat meat!'

One day Carmen and her parents had a buffet dinner. Carmen said, 'I'm so hungry. I can eat a horse!' She only chose meat to eat. Carmen said, 'They are delicious!'

After that, Carmen got a lot of drinks and dessert. There were three glasses of soda, some cakes and some ice cream. She enjoyed the dessert very much. Her mum said, 'It's too sweet for you.' 'I don't care!' Carmen said angrily.

When they went back home, suddenly, Carmen did not feel well. 'I had a stomachache,' she said loudly. Her parents were worried about her.

In the end, Carmen's parents took her to the hospital and saw the doctor. The doctor said, 'You need to eat more vegetables and fruit. They are good for you.' Carmen said, 'I understand!'

Carmen learnt that she needed to eat more vegetables and fruit.

4A Cheng Wan Lok, Jacob (5)

A one-day trip in Hong Kong

Hi Jack,

I am glad that you will come to Hong Kong next Sunday. I have planned a one-day trip for you to enjoy it.

In the morning, we will have breakfast buffet. We'll go to Lantau Island. First, we'll visit the Big Buddha. It's large and beautiful. We'll take photos with it. Then, we'll visit Tai O. We'll go fishing and buy some dried seafood. They are delicious. Next, we'll see Chinese White Dolphin. After that, we'll try some vegetarian dishes. It's my first time to try it.

In the afternoon, we'll go to Hong Kong Wetland Park. First, we'll see the animals and plants. We'll take photos with them because they are beautiful. Then, we'll have buffet. We'll eat a lot of different kinds of food. They are really delicious.

In the evening, we'll go to Aberdeen. It's famous for seafood so we'll eat some delicious seafood, like crabs, fish shrimps... After eating seafood, we'll go shopping. We'll buy some beautiful clothes.

At night, we'll go to the Peak. We'll see the beautiful view. The plan is terrific.

I hope you will like my plan. Do you have any other good ideas? Please feel free to reply me.

4A Cheng Wan Lok, Jacob (5)