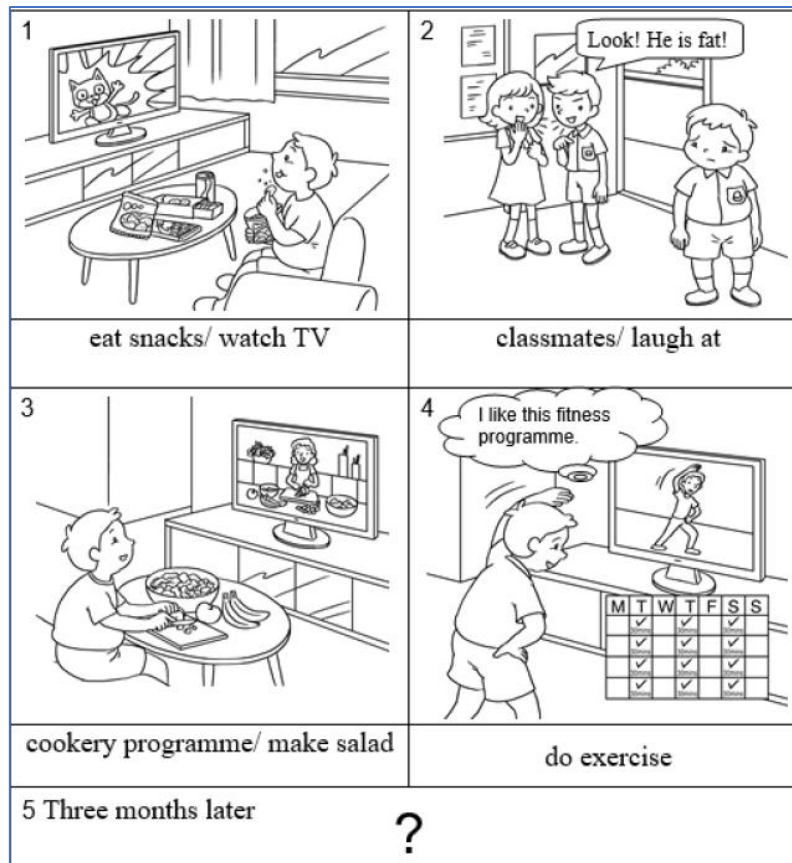


Get healthy 4A Manson Ng







Donald was overweight because he liked eating snacks such as potato chips and French fries and drank cola very much. He watched cartoons for a long time too.

One morning, when he went to school, he heard two students laughed at him loudly because he was overweight. They said, 'Look! He is so fat!' When he heard that, he felt so upset about that.

When he was home, he got some resolutions. He watched a cookery programme to learn how to make salad. He made some healthy food by himself, such as apples, bananas and vegetables salad. He set the time to do more sports. He did exercise three times a week. He followed a fitness programme and did exercise.

Three months later, his classmates didn't laugh at him again and he felt so glad.

Get healthy 4B Toby Qian

<p>1</p> 	<p>2</p> 
<p>eat snacks/ watch TV</p>	<p>classmates/ laugh at</p>
<p>3</p> 	<p>4</p> 
<p>cookery programme/ make salad</p>	<p>do exercise</p>
<p>5 Three months later</p> <p style="text-align: center;">?</p>	

Donald was very sad because he always ate many snacks and watched TV so Donald's classmates always laughed at him. They said, 'Look! He is fat!' Donald was very sad. He wanted to be thinner.

When he was home, Donald watched a cookery programme about making salads. Then, Donald tried to make one too. When he finished the salad, he ate it. It was yummy. He ate salad for a week and he was a little bit thinner. He wanted to be even thinner, so he got an idea.

Then, he found a fitness programme. He thought, 'I like this fitness programme. I will follow it to do exercise three times a week. Then, I will be thinner.'

Three months later, Donald became thinner. His friends didn't laugh at him anymore.