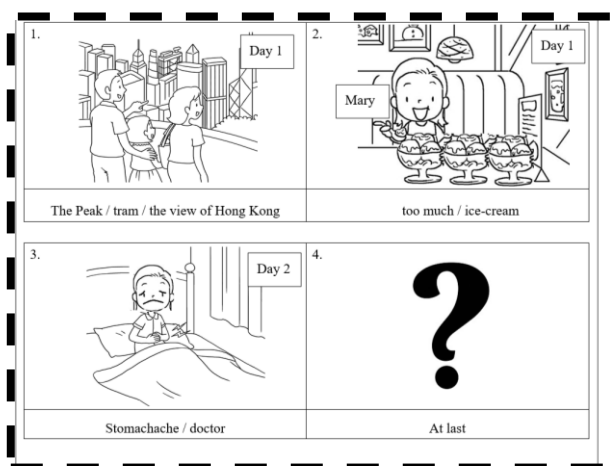


Mary's family trip



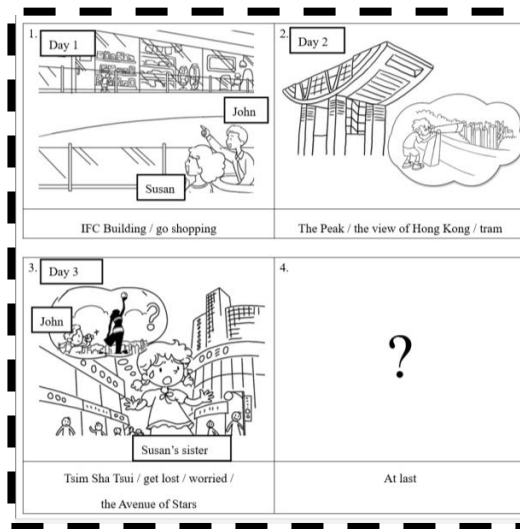
It was Easter Holiday. Mary and her family travelled around Hong Kong. On the first day, they went to the Peak. They went there by tram. Riding the Peak Tram was a wonderful experience because they could look at the view of Hong Kong. They felt happy because they took many beautiful pictures. Also, they enjoyed the view of Victoria Harbour so much.

Then, they went to a café to eat some food. Mary's parents ordered some food and drinks. However, Mary ordered a lot of ice cream. She ate four cups of ice cream. She finished all in a few minutes because she felt very hot.

On the second day, Mary had a stomachache when she woke up. Her family brought her to the clinic. The doctor said, 'Don't eat too much ice cream next time. Too much sugary food is bad for us. You need to eat less sugary food.' Mary said, 'Thank you, Doctor! I am going to eat more healthy food in the future.' The doctor said, 'You need to stay at home for two days. Remember to take the medicine and drink more water.'

At last, Mary ate a lot of healthy food. She ate less sugary food. She became healthier than before.

Susan's visit in Hong Kong



Susan and her family were finally in Hong Kong. On the first day, Susan and her family went to IFC Building. John said, 'Look! There are many things.' Susan said, 'Let's go shopping then!' They were very happy because they could go shopping. There were a lot of beautiful products and yummy food. They bought some Tshirts and food.

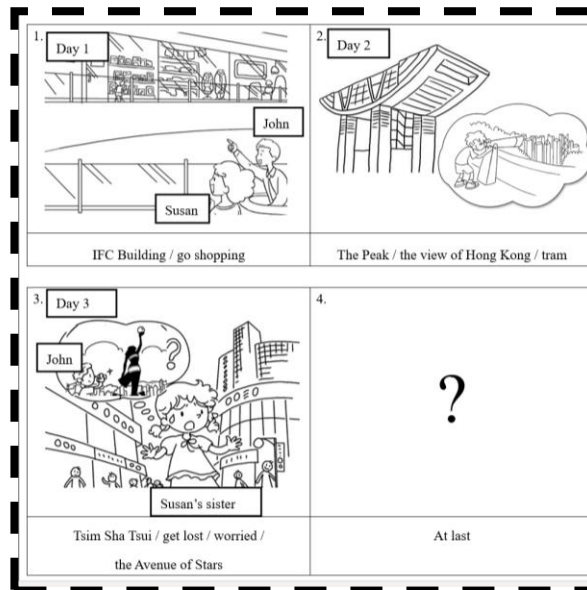
On the second day, Susan and her family went to the Peak. They took the tram and took many pictures. Susan looked at the view of Hong Kong. 'It is beautiful!' said Susan.

On the third day, they went to Tsim Sha Tsui. When they were taking pictures, Susan's sister got lost! Oh! No! Susan's sister was worried. She knew John was at the Avenue of Stars but she didn't know how to get there.

At last, Susan's sister asked someone to help her. At the same time, Susan felt sad because she couldn't find her sister. Finally, someone told Susan's sister how to get to the Avenue of Stars. Susan found her sister.

Susan said, 'I will not leave you alone again!' They were happy that Susan's sister was back!

Susan's visit in Hong Kong



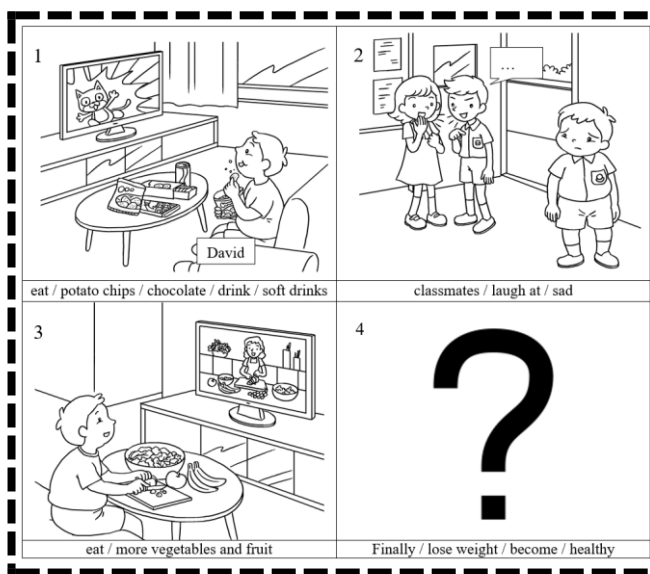
Susan and her family were finally in Hong Kong. On the first day, Susan and her family were in IFC Building to go shopping because they wanted to buy some gifts.

On the second day, Susan and her family went to the Peak by tram. John took some pictures for Susan's family. They were happy to see the beautiful view of Hong Kong.

On the third day, Susan and her family went to Tsim Sha Tsui. They went to the Avenue of Stars to take more photos. But, Susan's sister got lost in the crowd. Susan was very worried! Her sister got lost because John was taking photos and did not look after her.

At the end, Susan's sister asked someone for his phone and her family found her! They went home together.

Healthy Eating



David loved eating a lot of potato chips and chocolate. He also loved drinking a lot of soft drinks. David liked watching cartoons too. But at school, a lot of classmates laughed at David and called him a big fat boy. David was so sad.

One day, after David finished all his homework, he watched TV and saw a programme called, 'how to make healthy food', so he learnt how to make healthy food for himself.

After a month, David lost weight and became healthy. David's classmates stopped calling David a big fat boy. However, they were laughing at David's other classmates. David didn't laugh at his classmates but taught them how to lose weight. In the end, these classmates became thin and they were all healthy.