

5C Lam Tsz Ching, Emma

After the Japanese Meal

Last Sunday was Mary's birthday, so her parents took her to a Japanese restaurant to have dinner. The dinner was clean and tidy. The food was tasty and fresh. Mary was very excited because it was her first time eating Japanese food.

Mum and Dad ordered a lot of food, such as tuna sashimi, different kinds of seafood sushi, noodles and udon. They ate a lot. They talked happily when they were eating. The boss of the restaurant gave a very beautiful birthday cake to celebrate Mary's birthday. It was Mary's favourite strawberry cake. Mary was over the moon. They enjoyed the food very much. Mary had a wonderful birthday dinner with her parents.

When they were on their way home, Mary felt sick. She had a terrible stomachache. Her face turned as pale as a white paper. She could not walk as she had a great pain in her stomach. Mary was scared and her parents were worried. Dad said to Mum, 'Let's send her to hospital immediately.' Therefore, they went to the nearby hospital by taxi.

Mary did not like staying in the hospital because the hospital was so quiet and cold. Meanwhile, a doctor and a nurse came towards Mary. The doctor asked Mary politely, 'What's wrong with you, little girl?' Mary told the doctor that she had eaten a lot of raw seafood in the Japanese restaurant. After a detailed examination, the doctor said to Mary and her parents,

'Mary is suffering from food poisoning. She has eaten some dirty seafood. She has to take some medicine and stay in the hospital for one night.' Mary and her parents thanked the doctor. That night, the nurse took good care of Mary so Mary felt much better after taking the medicine. She left the hospital the next morning. She thanked the doctor and the nurse again before she left the hospital. The doctor reminded her, 'Remember not to eat too much raw seafood.' Mary nodded.

After this incident, Mary will not eat sashimi and raw food anymore.

The Fat Boy, Harry

Six months ago, Harry was fat and unhealthy because he ate a lot of sweet, salty and fatty food, such as deep-fry chicken wings, chocolate, ice cream and fast food. Also, he loved drinking soft drinks very much. He drank a can of coke after lunch and dinner every day. Therefore, he became fatter and fatter. An incident changed his eating habits.

One day, when Harry was playing football with his schoolmates at school, he fainted. His schoolmates were very frightened and did not know what to do. One of the boys, Jacky, was clam. He went to the staff room to find his PE teacher, Mr Chan immediately. Mr Chan called an ambulance at once.

An ambulance came five minutes later and sent Harry to hospital. In the hospital, the doctor asked Harry, 'Harry, you are overweight, what do you eat every day?' Harry replied, 'I usually a bowl of beef noodles and a can of coke for breakfast. For lunch, I like eating a hamburger, a packet of French fries and a can of coke. I usually have dinner at home. My mother always cooks pork chops and fried noodles for me.' The doctor asked, 'Do you like eating vegetables and fruit?' 'No, I don't like eating fruit and vegetables.' The doctor explained to Harry that he should eat less meat but more fruit and vegetables. Besides, Harry should also drink fewer soft drinks. Instead, he

should drink more water. The doctor advised Harry to do more exercise in order to lose weight. The doctor told Harry about the food pyramid.

Harry followed the doctor's advice and began to change his eating habit. He ate less meat and fast food but more fruit and vegetables. He did more exercise, such as swimming and playing basketball. He lost weight successfully.

Now, Harry is healthy and fit. He always shares his experience to his friends because he wants his friends to be healthy and fit.