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Harry the fat boy

Six months ago, Harry was a fat boy and he ate so much junk food. His teacher told her to eat less junk food, but he didn't listen.

One day, he played football with his classmates, but after he played for a few minutes, he suddenly got fainted and fell down. His classmates called his teacher, Mr Wong, immediately.

Mr. Wong sent him to the hospital. The doctor said, 'You should do more sports and eat more vegetables and fruit. Don't eat too much fatty food!'

After seeing the doctor, Harry followed the advice and did more exercise. Besides, he ate more fruit and vegetables every day.

Now, Harry is thin, but he thinks he is too thin. He is now eating a lot of fatty food again. Oh no! Harry is brought to the hospital again. His mum asks, 'Why does my son eat so much junk food?' The doctor tells Harry, 'You know? Junk food and fatty food are unhealthy. They will make you fat!'

Harry knows that he cannot eat too much junk food and fatty food again. He will not eat too much snacks again.