

Zoe's eating habits

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Zoe had bad eating habits. She did not like eating fruit and vegetables. She always ate unhealthy food for every meal. Her mum exhorted her to have healthy diet but Zoe did not listen.

One evening, Zoe and her parents had buffet dinner in a cafeteria. They were pleased to be there. Zoe took a lot of steak, cakes, fried chicken and sausages. She also got a lot of French fries, ice cream and soft drinks. Zoe felt satisfied and kept eating when she was full.

Later that night, Zoe did not feel very well. She was in great pain. Her parents felt anxious and sent her to hospital. The doctor gave Zoe some medicine and she felt better. He also gave Zoe some advice. The doctor said, 'You should eat the right amount of food and eat more fruit and vegetables. They are high in nutrients and vitamins.'

From then on, Zoe eats more fruit and vegetables but less meat. Now, she becomes healthier and happier.

