

An Accident

4F Jayden Pang

Yesterday, Mum asked me to go to the supermarket to buy some vegetables. While I was going to the supermarket, I was listening to some music on my smartphone, so I did not notice there was a street light in front of me.

"Watch out! Be careful! There is a street light in front of you!" A man shouted at me loudly. However, I was too focus on listening to my music so I could not hear the warning. Suddenly, I bumped into a street light and fell down immediately. I felt painful and dizzy. The man and his girl friend came to me at once.

"Oh no! He is fainted! Let me call the ambulance," suggested the girl. The man picked me up and the girl called 999 at once. The ambulance arrived in five minutes. When I opened my eyes, I did not know where I was. My mum rushed to the hospital. "Oh! My poor boy! Are you alright?" said my mum. When she knew what happened to me, she thanked the man and the woman at once.

Healthy Menu

4F Louis Law

Now I am going to talk about the healthy menu I designed. Having a balanced diet is very important. It is based on the food pyramid. They contain a lot of nutrients. If you want to keep fit, you need to see my healthy menu.

We can have three slices of whole grain toast with low-fat spread, four slices of grilled lean bacon and two glasses of low-fat milk for breakfast. Let me tell you I will have whole grain toast with low-fat spread first. It is good for you. It can give you energy that is slowly released throughout the morning. It is a good fiber which keeps your digestive system working well. Then I will take grilled lean bacon. It helps your body grow strong. I also drink low-fat milk. It contains calcium.

At noon, you can have the fresh tomato soup, meatballs pasta with mushrooms and a small cup of blueberries. Tomatoes and blueberries are rich in Vitamin C and K. They prevent you from getting sick easily. Blueberries are the king of antioxidant foods and good for your health. Meatballs have protein and give you energy you need.

After a hard day work, it's time to have a dinner. My mum cooks tasty and healthy dinner. I eat a bowl of boiled brown rice with grilled fish fillet, a plate of tomatoes and a kiwi. Boiled rice is much lower in fat. Grilled fish

fillet will give you all of its nutrients without adding anything unhealthy. Tomatoes reduce risk of heart disease and cancer. Kiwis are rich in Vitamin C and B.

I hope you like this healthy menu. Try it today. Be a smart and healthy kid! This is my healthy menu. Do you like it?

My Healthy Menu

4H Noelle Tsoi

1) Introduction

I am going to talk about the healthy menu I designed. Have you read a book called 'Healthy Eating'? Everyone wants to be strong and fit. It is important to have a balanced diet. Eating healthily is not difficult.

2) Breakfast

We can have a bowl of granola with low-fat milk, one sunny-side egg and a bowl of salad with pork and salmon. Granola is rich in fibre. It helps you digest your food. Low-fat milk is high in calcium and low in fat. Pork is rich in protein. Salad has lots of vitamins and minerals. Salmon has omega 3. It helps to improve our lipid metabolism. Sunny-side eggs are rich in antioxidants, vitamins and minerals.

3) Lunch

At noon, you can have the fresh tomato soup, meatballs pasta with mushrooms and a small cup of blueberries. Tomatoes and blueberries are rich in Vitamin C and K. They can prevent you from getting sick easily. Blueberries are the king of antioxidant foods and good for your health. Meatballs have protein and give you energy you need.

4) Dinner

After a hard day work, it's time to have dinner. We can have a bowl of ten grain rice, a plate of grilled beef with some beans, some pieces of oven-baked sweet potato wedges with skin on and a banana. Ten grain rice is healthier than white rice. It contains seven times as much fibre. Grilled beef is healthier than fried beef because only a little oil is used. Beans are rich in protein and calcium. Oven-baked sweet potato wedges with skin on are high in fibre, which keeps our digestive system working properly. Bananas are rich in vitamins and minerals too.

5) Conclusion

I hope you like this healthy menu. Try it today! Be a smart and healthy kid! Learning about the food pyramid is very important. You can follow my healthy menu and have a balanced diet. An apple a day keeps the doctor away. Let's stay healthy together.

My Healthy Menu

4H Isaac Cheng

1) Introduction

I am going to talk about the healthy menu I designed. Have you read a book called 'Healthy Eating'? Everyone wants to be strong and fit. It is important to have a balanced diet in order to stay healthy.

2) Breakfast

We can have a bowl of granola with low-fat milk, one sunny side-up egg and salad with tomatoes and a little grilled chicken. Granola is rich in fibre. It helps you digest your food. Low-fat milk is rich in calcium. Calcium can help your bones and teeth grow strong. Eggs contain antioxidants, minerals, protein and vitamin B. Protein can help you grow strong. Salad with tomatoes has got lots of vitamins and minerals. Grilled chicken is healthier than fried chicken. It has a lot of protein too.

3) Lunch

At noon, you can have the fresh tomato soup, meatballs pasta with mushrooms and a small cup of blueberries. Tomatoes and blueberries are rich in Vitamin C and K. They can prevent you from getting sick easily. Blueberries are the king of antioxidant foods and good for your health. Meatballs have protein and give you energy you need.

4) Dinner

After a hard day work, it's time to have dinner. You may have grilled salmon with sweet potatoes, whole wheat pasta with tomatoes, grilled lean steak and low-fat yoghurt with some strawberries. Grilled salmon has lots of omega-3, vitamins and protein. It's healthier than fried fish. Sweet potatoes and pasta have lots of carbohydrates. They give you energy. A pasta sauce made of fresh tomatoes is full of vitamins, minerals and antioxidants that fight disease. Grilled lean steak is healthier than fried steak. You can also have strawberries with low-fat yoghurt. It has vitamins and calcium. Vitamins can

enhance your immunity.

5) Conclusion

I hope you like this healthy menu. Try it today! Be a smart and healthy kid! Having a balanced diet is important. If you follow my menu, you will be very healthy and fit. Start your new healthy life now.

My Healthy Menu

4L Wong Lok Yan, Grace

1) Introduction

I am going to talk about the healthy menu I designed. Have you heard of a quote, 'Health requires healthy food'? Therefore, we need to have a balanced diet. We need to eat food from each food group. If you follow my menu, I am sure you will have a healthy life.

2) Breakfast

We can have bread with ham, milk and yoghurt for breakfast. Yoghurt and milk are good for us because they make our bones and teeth strong. Bread is good for us because it can give us energy. Ham is good for us too because it can help our body grow strong.

3) Lunch

At noon, you can have the fresh tomato soup, meatballs pasta with mushrooms and a small cup of blueberries. Tomatoes and blueberries are rich in Vitamin C and K. They can prevent you from getting sick easily. Blueberries are the king of antioxidant foods and good for your health. Meatballs have protein and give you energy you need.

4) Dinner

After a hard day work, it's time to have dinner. We can have boiled brown rice, grilled lean steak, lettuce and pineapples. Boiled brown rice is good for us because it has a lot of fibre. Pineapples and lettuce are good for us because they have lots of vitamins. Grilled lean steak is good for us too because it has protein and low in fat.

5) Conclusion

I hope you like this healthy menu. Try it today! Be a smart and healthy kid! It is important to drink 6-8 glasses of water too --- and don't forget to exercise!

My Healthy Menu

4L Leung Pak Yin, Rio

1) Introduction

I am going to talk about the healthy menu I designed. Have you heard of a quote, 'The healthy outside starts from the inside'? Therefore we need to have a balanced diet. We need to eat food from each food group. If you follow my menu, I am sure you will have a healthy life.

2) Breakfast

We can have two slices of bread, a cup of low-fat milk and an egg for breakfast. Bread has lots of important nutrients. It can give you energy. Low-fat milk has lots of calcium. It is good for your health. Eggs have lots of protein. They can help your body grow.

3) Lunch

At noon, you can have the fresh tomato soup, meatballs pasta with mushrooms and a small cup of blueberries. Tomatoes and blueberries are rich in Vitamin C and K. They can prevent you from getting sick easily. Blueberries are the king of antioxidant foods and good for your health. Meatballs have protein and give you energy you need.

4) Dinner

After a hard day work, it's time to have dinner. We can have a plate of brown rice with broccoli and beef, a bowl of frozen low-fat yoghurt with strawberries, a cup of lemonade and a bowl of tuna salad. Low-fat yoghurt is food for your teeth. Brown rice is good for us to improve maternal health. Strawberries are good for your heart. Broccoli is good for your bones. Beef can help you to improve muscle mass. Tuna is full of vitamins and minerals. It can stop you from getting sick.

5) Conclusion

I hope you like this healthy menu. Try it today! Be a smart and healthy kid! But remember, it is important to drink 6-8 glasses of water--- and don't forget to exercise!

In primary one

4T Kobe Chan

When I was in primary one, I was short and thin. I had short black hair and small round eyes. I had short arms and short legs, although compared to my classmates, I was not that short. In fact, I was quite tall compared to the rest of my classmates in primary one. I liked to wear big basketball hoodies and shorts when I was in primary one because it was comfortable and I thought they looked cool.

There were many things I could and couldn't do when I was five years old. I could brush my teeth and put on my uniform by myself. But I couldn't make breakfast or hang up the washing by myself. Now I can do both of these things, although the breakfast I can make is still very simple. Regardless, my mum says she is proud of me and that I am growing to be helpful and independent. Hearing that from my mum makes me so happy.

My school life in primary one was very good. It was fun and exciting most of the time. I was in class 1L and my class teacher was Miss Chan. She was very nice to my classmates and I. I remember one day my school bag was so heavy, I couldn't carry my school bag back home. So, Miss Chan helped me, but in a funny way. She took my school bag, turned it upside

down and poured all my books onto the table. I was shocked. I shouted, "WHY MISS CHAN?! WHY ARE YOU DOING THIS?!" Miss Chan replied me gently, "Dear Andy, look at all these books and worksheets. We are already in the 2nd term, we no longer need to use 1A books. You must learn to pack your school bag." Miss Chan told me to sort the things I needed and the things I no longer needed to bring to school. In the end, my bag was much lighter and I could carry my school bag.

There were also many school activities in primary one. My favourite activity was the school picnic, I had so much fun with my classmates on that day. We shared snacks and played games with our teachers.

I had a good time when I was in primary one, and I made many good friends and shared many wonderful memories. enjoy the teachers and friends that I have now and I want to continue to make more memories with them so that one day I can say I had a good time in primary four too.

In Primary One

4T Kambbie

When I was in primary one, I was tiny and weak. I had a baby face. But now I'm strong and I look older and more mature. I was fat and short, but now I'm taller and thinner. However, my mouth was more red back then. I had bigger eyes too.

There were many things I could and couldn't do when I was six. I could brush my teeth and play electronic games by myself. I had a lot of fun! But I couldn't make breakfast. Now I can make it by myself! I couldn't play Chinese chess, but now I can play that too! I learnt all these things from my father!

My school life in primary one was a lot of fun! In primary one I always chatted and drew with my best friend Kimi. Her drawing is very beautiful! We would often talk with our teachers during recess. I remember we had school picnic together. We ate and played in the park on that day. It was so much fun. Then we also had Open Day together too. We sang a lot and we wore red t-shirts because all P1s had to wear red on that day. Sadly, we are no longer in the same class. She is in class 4S and I am in class 4T, but we are still good friends and we say hi to one another whenever we meet.

In primary one I had a memorable experience. It was during the Fashion Show. On that day, I saw many kids wear beautiful clothing. I said to myself, "Wow! Their clothing is so pretty!" Because of this, I felt my clothes were not good enough and so I felt nervous and scared. When it was time for me to go on the Fashion Show I did poorly because I felt I was not good enough to be here. However, my teacher told me to just enjoy the show and have fun, no one really cares whether you dress, silly, funny, pretty or even goofy. I learnt to just enjoy the moment and not to put too much pressure on my performance in something fun like the fashion show. I enjoyed my childhood, because I had nice friends and teachers. Also, we had nice activities. Although P4 is great also, but I prefer my P1 days. I'm glad I got to learn from Mr Chan in P4 though. He is a nice and kind teacher. I'm so happy I got to learn in CBLMC!

My Healthy Menu

4S Wong Tong Yan, Sofia

1) Introduction

I am going to talk about the healthy menu I designed. Do you want to be strong and fit? I can help you! This menu is designed with the food pyramid, including appropriate portions of different food groups.

2) Breakfast

You can have 2 slices of whole grain toast with low-fat spread, a grilled vegetarian sausage, a slice of grilled lean bacon, and a glass of non-fat milk for breakfast. Whole grain toast with low-fat spread can give energy that is slowly released throughout the morning. Grilled vegetarian sausages are good for you because they give you vitamins, minerals, and fibre. They stop you from getting sick. Fibre helps you digest your food. Grilled lean bacon has a lot of protein. It helps your body grow. Non-fat milk doesn't have fat but it can make your bones and teeth strong.

3) Lunch

At noon, you can have fresh tomato soup, meatballs pasta with mushrooms and a small cup of blueberries. Tomatoes and blueberries are rich in Vitamins C and K. They can prevent you from getting sick easily. Blueberries are the king of antioxidant foods and are good for your health. Meatballs have protein and give you the energy you need.

4) Dinner

After a hard day of work, it's time to have a whole grain turkey burger with lettuce and low-fat cheese. The whole grain burger has lots of fibre so it is good for digestion. Turkey is leaner than beef and is rich in protein, so it helps you grow strong without putting on too much weight. Low-fat cheese doesn't have too much fat but it is good for your bones and teeth. Lettuce has vitamins A, B and C. Vitamin A can help you maintain good vision. Vitamin B supports healthy growth and the development of your body. Vitamin C helps you build your resistance.

5) Conclusion

I hope you like this healthy menu. Try it today! Be a smart and healthy kid!

This menu contains healthy and delicious meals. Try to make and eat nutritious meals every day, so you can be stronger and fitter!

My Healthy Menu

4S Lam Nga Ching, Christy

1) Introduction

I am going to talk about the healthy menu I designed. "Do you want to be healthy and strong?" If you want to be healthy, you can eat healthily. This menu is designed with the food pyramid, including appropriate portions of different food groups.

2) Breakfast

You can have a whole grain sandwich with mashed banana, a grilled vegetarian sausage, 2 slices of grilled lean bacon and a glass of non-fat milk. Whole grain toast with mashed banana gives you the energy that is slowly released throughout the morning. Grilled vegetarian sausage swap your meat sausage for a vegetarian sausage to add vitamins, minerals and fibre which stops you from getting sick. Grilled lean bacon helps eliminate excess grease but provides healthy protein. Nonfat milk helps build strong bones and teeth without adding any fat.

3) Lunch

At noon, you can have fresh tomato soup, meatballs pasta with mushrooms and a small cup of blueberries. Tomatoes and blueberries are rich in Vitamins C and K. They can prevent you from getting sick easily. Blueberries are the king of antioxidant foods and are good for your health. Meatballs have protein and give you the energy you need.

4) Dinner

After a hard day of work, it's time to have 3 slices of whole wheat chicken pizza with green vegetables, thin whole wheat crust, low-fat cheese and homemade fresh tomato sauce. Whole wheat pizza gives you lots of fibre and long-lasting energy and helps you digest your food. Green vegetables provide fibre, vitamins, minerals and phytochemicals to stop you from getting sick. Baked chicken strips give you healthy protein to help you grow strong. Low-fat cheese is rich in calcium but prevents weight gain as well as reduces saturated fat intake.

5) Conclusion

I hope you like this healthy menu. Try it today! Be a smart and healthy kid! This menu contains a nutritious breakfast, a healthy lunch and a balanced dinner. You can try out my healthy menu, it can help you to be much healthier and stronger.

Picnic Day

4RC Wong Pui Huen, Winnie

Yesterday, I had a picnic with my parents in Bell Park because we were free. The weather was sunny. We brought a loaf of bread and a bottle of water and Dad had his camera.

We sat down on the grass and started to eat and drink. We enjoyed our lunch very much. Suddenly, we saw two dogs. They were barking loudly.

After a while, the dogs ran to us and started to fight. Our fruit rolled everywhere and the water bottles fell over. Everything was messy. We felt very nervous and afraid.

Later, their owners arrived and said sorry to us. Luckily I had a carton of milk, a packet of sweets and three sandwiches in my backpack. We could still eat our lunch. We felt happy.

Picnic Day

4RC Shek Chun Hei, Liven

Yesterday, I had a picnic with my parents in Bell Park because I won in the running race. The weather was sunny. We brought a basket and Dad had his camera.

We sat down on the grass and started to eat and drink. We enjoyed the food very much. Suddenly, we saw two dogs. They were barking loudly.

After a while, the dogs ran to us and started to fight. Our fruit rolled everywhere and the drinks fell over. Everything was a mess. We felt very shocked and scared.

Later, their owners stopped them and said sorry to us. Luckily I had some fruit in my backpack. We could still enjoy the picnic. We felt happy.