

4B Lau Pui Kwan, Jolie



Billy's Problem

Billy ate too much today and he felt sick during the basketball competition. He ate a lot of junk food. He ate fried chicken, potato chips, chocolate, hamburgers, meat, sausages and French fries. He drank a lot of coke for breakfast. The food was not healthy.

When the basketball competition started, Billy was tired and dizzy. He walked slowly. His legs were shaking. He felt unwell.

Then he sat on a bench and took a rest. He felt very upset. His friend comforted him. His friend asked, "Why are you so sick?" "It is because I ate too much junk food for breakfast." said Billy.

In the end, Billy's friend gave Billy some advices. He should do more exercises and eat healthily. I have learnt a lesson that we should not eat too much junk food. It is bad for us. What an

unhappy day for Billy!