

A decorative border in pink and light purple, featuring a repeating pattern of stylized flowers and leaves. The border is thicker on the left and right sides and thinner on the top and bottom.

4H Ho Long Him, Edgar

### My Friend

My best friend - Hanna Chen. She has long and straight hair. Her hair is black. She usually wears it in a ponytail. She often wears a hair clip. She is short and skinny.

Hanna is caring. She is kind and she looks after her cousins. She is also patient. When I am late, she waits for me for a long time. One day, I went to the sports ground and saw her. She ran very fast and we became friends.

Her hobby is running. We do this on Mondays, Fridays and Sundays. She likes doing it with her friends and me! I feel excited when I am with her.

I will practice hard and beat her one day. Her best record in the 60 metre race is 9.02s and mine is 9.08s. She always gets gold medals and I just get silver medals. I want to run fast and break her record. I will practice hard because I believe practice leads to perfection. I am ready to go the extra mile in running!

A decorative border with a repeating pattern of pink floral motifs and swirls, framing the text on the page.

4G Chan Ho Ching, Hodrian

### Fruit Cereal is a Better Snack than Fired Chicken Legs

Fruit cereal is a better snack than fried chicken legs because it is healthier.

Fruit cereal is good because it contains fruit and grain products. Fruit such as apples and bananas is good for us. They have lots of vitamins and minerals. Grain products such as cereal and bread are good for us. They give us energy to run and jump. So we should eat plenty of fruit and grain products.

Fried chicken legs are bad because they contain meat and fried food. Meat such as chicken and pork is good for us, but too much is bad for us. It helps our bodies grow strong and can make us fat. Fried food such as fried chicken legs and French fries are bad for us. It can make us fat. We should eat some meat and only a little fried food.

Fruit cereal is a better snack than fried chicken legs because it is healthier. We should be careful when we choose our snacks.