

My Eating Habit

There are four types of eating habits - "Fuel", "Fun", "Fog" and "Storm".

I love "Fuel Eating" because "Fuel Eating" is clean eating. Eating natural, minimally processed food provides energy and nourishment. Other than that, "Fuel Eating" makes your body feel good.

"Fuel Eating" is good for us but sometimes we need some sugar, so I'd sometimes eat sugary food such as chocolate and cakes. However, too much sugary food is bad for us. I'd prefer dairy products to junk food.

Among all kinds of eating habits, "Fuel Eating" is my priority. Which eating habit is your favourite one?

When I was Little

When I was six, I had short hair, big eyes and a little nose. I was adorable! I spent most of my time with my mom: eating, playing ... everything! We usually played 'name the shapes' and number counting.

I couldn't take care of myself when I was six. I couldn't do up my buttons and I put the t-shirts on back to front! However, I could do up the zip, take a shower by myself and much more! If I couldn't do it, I would ask the maid to help me.

On my fifth birthday, my mom decided to borrow a bicycle so I got on a bicycle for the first time. I put my hands on the brakes, and somehow, I rode the bike like a professional! My mom was so amazed!