

Good Habits

Tomorrow is Ted's tenth birthday. Ted has a lot of bad habits. He wants to make some changes when he is ten years old to fix his problems. He sets some targets and makes some resolutions to improve himself.

He always finishes his homework late so he watches TV at 11:30pm. And then the next morning, he is late for school. He is embarrassed about it so he is going to go to bed early. Then he won't be late for school.

He always fails his exams. He is worried so he is going to do more revision exercises. Then his grades will improve. He's going to read more books too. Then his writing will improve.

Ted always eats a lot of junk food. His habit is bad. Also, he is as fat as a pig. He gets laughed at by his schoolmates. He is so sad. He is going to do more exercise. Then he will become slimmer.

Ted's parents are happy because Ted is going to make some changes to fix his problems. They are going to help Ted by getting him lessons in a learning centre. Ted is happy that his parents are proud of his resolutions.

I learnt that everyone needs to work hard to achieve their goals. I am fat so I am going to eat less meat. Then I will become slimmer. I can do it by myself.

But sometimes I need a little help from Mum.

Tomato and Egg Sandwiches are Better than Potato Chips

Everyone likes to eat junk food but it is bad for us. We need to have a balanced diet. We need to eat more protein, vegetables and grain products in our daily life.

Tomato and egg sandwiches are good for us. They contain protein, vegetables and grain products. Protein makes our bones strong. Vegetables make it easier to digest food and gives us a lot of vitamins and minerals. I like to run and jump so I love eating this sandwich because grain products give me energy.

Potato chips are bad for us. They make us very fat and thirsty. I like eating potato chips, but it is really unhealthy. I force myself to eat less potato chips because it is very unhealthy.

My opinion is we should all eat less potato chips and more tomato and egg sandwiches because it's better for our health.