

## Healthy advice for my friend

Tsui Ching To, Twinkle (5D)

You usually eat fried food and meat. You don't like vegetables. It is not healthy. I suggest you to eat less fried food and meat. You always drink coke or milkshakes. They are too sweet. You should drink more water or fresh juice.

Also, you often sit on the sofa all day. I think you should move more. You should do more exercise. Doing more exercise can help you keep fit and grow taller. If you feel bored, you can do it with your family. I suggest you to play basketball or football three times a week to make more friends.

If you can change your eating habits and living styles, I believe your health problems will be improved and you will be more confident to make friends with others.

