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Advice on Avoiding Obesity

Nowadays, many people have the problem of obesity, especially the kids. This article is to give advice on avoiding obesity.

According to the research, many students, both in kindergarten and in primary school, have the problem of obesity. There are many reasons for the causes of obesity. The obese children have bad eating and living habits. Some of the students always eat too much sugary or oily food, drink soft drinks, sleep late and lack of exercise. I suggest them to do more exercises, such as running and swimming because they can make us grow stronger and fit. On the other hand, if they eat more healthy and fresh food, including fruit and vegetables, can make them grow stronger and healthier. Besides, they should eat less oily food or snacks, such as French fries, potato chips or chicken wings.

Finally, I hope the obese children can take my advice to change their bad eating and living habits.