

Anna Leung

Class: 4B

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Last year, I did not feel well. I had a fever and I vomited very badly. It was because I ate a lot of snacks at school every day. I ate chocolates, biscuits, candies and potato chips, etc. I gained a lot of weight and I became very ill.

At that time, I felt feverish and tired. In the morning, I didn't mention that I was sick. My teacher and my classmates told me that I looked very tired and pale, so my teacher called my parents to pick me up. I couldn't run, so I had to walk slowly.

When I go back home, I started to shiver and my body temperature was up to 40.1°C. I felt unhappy and started to cry. When I cried, I vomited again. My dad took me to see the doctor and the doctor said, "Here are some pain killers and antibiotics. Be careful, my dear." I answered happily, "Thank you, Dr. Emily." When I got home, my dad asked me to take the pills and they tasted very horrible! Yuck! I almost choked myself when I swallowed the antibiotics.

At last, I felt comfortable and happy again. It was because I took a plenty of rest and drank a lot of water. I went skipping when I felt better. Also, we should do exercise for one to three hours per day. Going hiking, cycling, playing tennis, basketball and football are good for my health. Oh! And I learned an important lesson: there are no short cuts to becoming healthy and strong.