

Jack's Birthday

Jack liked eating sugary food, such as cupcakes, sweets and chocolate. But he didn't like to eat vegetables. Mum said, 'Jack, you eat too much sugary food. Too much sugary food is bad for your health because it contains a lot of sugar.' Jack answered, 'I know! You are so annoying!!!' Mum felt so sad.

The next day, Mum told Jack some big news. 'Jack, tomorrow is your birthday. I'll make a cake for you!' Jack cried, 'Hurray!' Jack thought, 'The birthday cake must be delicious! I can't wait to eat it!'

On Jack's birthday, Jack felt disappointed because the cake was a veggie cake! It had broccoli, carrots and bananas on it. Jack suddenly had an idea to throw all of the veggies out the window. He only kept the cream cake! Mum was shocked.

In end, Jack was as fat as a pig. He learnt that he couldn't eat too much sugary food.

4B Lai Lok Lokson