

A letter of advice

By 1C Brian Tang Chit Fung

Hi Michael,

I'm sorry you are unhappy. Let me try to help you.

I think you should have rainbow diet. You should eat more fruit. For example, you could eat more apple and carrot, etc. But you should not eat too much unhealthy food. You should learn about rainbow eating. The different nutrients in food produce different colours. You should also do more exercise, like playing ball games, swimming, running and many more. You have a lot of pimples on you face, so you should always wash your face. And I don't understand -- who tease you and call you names? I think you should talk to your teachers or parents about this.

Also, you should make more friends. For, example, you could join study clubs and talk to your classmates. And don't worry your parents are getting angry with you. You could talk to your classmates. Don't worry, be happy! I hope you will lose your weight and grow tall soon.

Love,
Brian

(164 words)