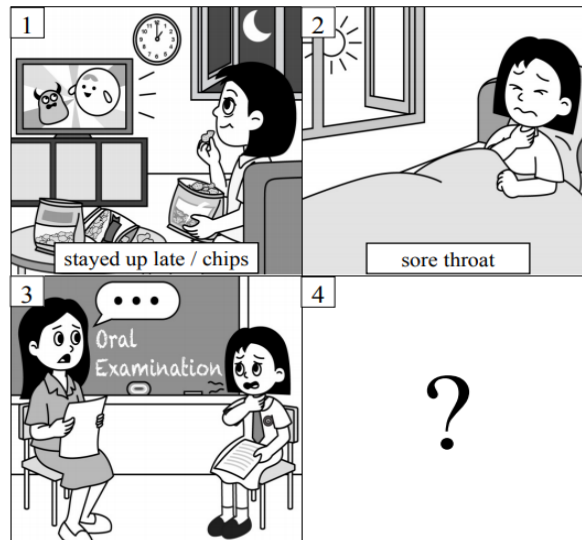




Last Thursday night, I stayed up late sitting on the couch and ate delicious potato chips while watching a funny cartoon. It was so relaxing so I slept at one o'clock in the morning.

First, when I woke up in the morning, I had a sore throat because I ate too many potato chips and stayed up late last night. I felt worried because I couldn't take the oral examination today.

Next, I sat down on the chair and nervously took the oral exam. I tried to speak but it hurt and I couldn't say any words. The teacher told me, 'This is not the right time to have a sore throat today. You will retake the exam tomorrow.' I felt embarrassed as the classmates looked at me.

Finally, I drank more water at home and ate more healthy food, such as broccoli and lettuce. I came back to school and I retook the oral examination. I've learnt that I should not eat unhealthy junk food and eat more healthy food next time.