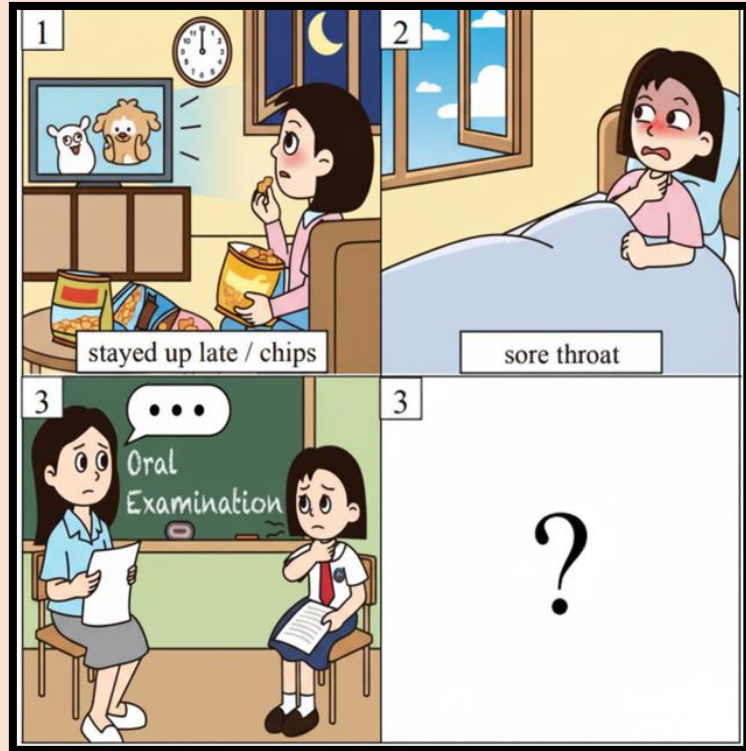


My Bad Day

By 6C Tai Yi Lam, Kelly (18)

Last Thursday
night, I ate a lot of
potato chips and
watched TV. I slept at
1:00 a.m. because the
TV programme was too
interesting. I couldn't
help watching it.



When I woke up, I had a sore throat. I couldn't talk. I felt sad because I
had a speaking exam that day.

On the exam day, although I felt unwell, I still went to school to have the
speaking exam. The teacher said, 'You should take more rest.'

Finally, I took some medicine and felt better. I should not eat too many
potato chips and I should sleep early to keep myself healthy.