

## Never Been Sick Again City

Once upon a time, there was a girl called Vivi. She was a policewoman. She lived with her family in a Healthy City. The people usually ate vegetables and drink juice there. They were rich and they ate healthily. There was a Sick City next to it. They ate too much rubbish food such as potato chips, French fries, ice cream and they drank too much cola as well.

The people in Sick City did not like the citizen in Healthy City. They all envied the wealth and health of the people there. The people in the Sick City were too sick to work for their food. They did not have money to see the doctor because they used all their money on rubbish food. They did not know what a food pyramid was or how to eat healthily.

One day, the King of Sick City nominated three fighters to steal the secret book of health from Healthy City. However the fighters were too hungry so they stole food in a supermarket. Unluckily, they were caught by Vivi. Vivi put them in jail.

"I know that you guys come from Sick City, why do you steal food in the supermarket?" Vivi asked. "We haven't eaten food for a week. We were very hungry," one of the fighters said. "Why don't you buy food here?" Vivi continued. "We ate too much rubbish food so we were very weak. We can't work in the field so we don't get any money," the other fighter said. "So, why do you guys come here?" Vivi asked. "The king nominates us here to steal the secret book of health in this city," the third fighter answered. "Bring me to your king and I will give him the secret book of health," Vivi told the fighters.

The next day, the fighters brought Vivi to Sick City to see the king. On the way, she saw a lot of skinny and bonny people in the street. They were too weak to work. They all begged for money and food in the street. There were a lot of snacks packing and empty cartons in the street.

The fighters brought Vivi to a palace. She saw a very old and weak king sitting on his throne. "Your Majesty! I'm Vivi from Healthy City," said Vivi. "Why are you coming here? I don't want you. I want the secret book of health in your city only," said the king. "Your Majesty! There isn't any secret book of health in our city but I have brought you a pyramid," replied Vivi. "A pyramid? You want to put me in like the dead Egyptian King?" questioned the king. "No! But a food pyramid. The people are healthy in our city because they eat according to this food pyramid," answered Vivi. "Can you tell me more about it?" the king begged.

"Sure! You should eat more food at the base such as bread, rice, cereal, noodles etc," said Vivi. "Oh, yuck!" cried the king. "You should eat more vegetables and fruit so that you can get a lot of vitamins, minerals and fiber. This is good for our digestion," continued Vivi. "We never grow vegetables in this city. All the people do not like to eat veggie," the king replied.

“ You should eat less of the food at the top like salt, sugar and oil; therefore, you should eat less fried food, preserved food and sugary food.” Vivi said. “ But all the people in this city love those kinds of food,” the king said. “You also need to drink fewer soft drinks because there is a lot of sugar in them. Doing exercise is also very important as well.” Vivi continued. “ We love to drink soft drinks and we never do exercise,” the king answered. “If you change your eating habit and eat following the food pyramid, the people in this city will become wealthy and healthy.” Vivi suggested.

The King was very doubt about Vivi’s suggestion but he was an adventurous person so he still wanted to try. He enacted the following laws:

1. People in the Sick City to eat according to the food pyramid.
2. Rubbish food could not be sold in the city.
3. People who grow crops and vegetables would be given subsidies.
4. People should do exercise two hours a day.
5. People who break the laws would be put in jail.

After a year, the people in Sick City became healthier. There were no more sick people in the street. Everywhere was green in colour and everyone was wearing a smiling face. The king enacted to change the name of their city to “ Never Been Sick Again City”.

6A Ma Wan Xin  
6A Yung Yi Yan  
6A Lin Zi Yao