

TAI PO SAM YUK SECONDARY SCHOOL
2011-2012 WRITING COMPETITION
PRIMARY 6 - ENGLISH

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Welcome to Hong Kong, ^{the} land of food and restaurants. But do we know if the food we eat is safe to eat? No, we don't always know.

Sometimes, food in wet markets have been touched by insects, like flies. Flies have been EVERYWHERE! Most of them venture into dirty places. If you eat what they have touched, the germs might cause harmful effects on your body. Therefore, always check the food in wet markets for flies and other insects.

Also, people should look closer at packaged foods. Some bags of food might be already open. If it is, never purchase and eat it because a person might've poisoned it.

Always make sure your food is cooked thoroughly, especially pork. If not, you might get parasites, which are very harmful. Once, my teacher got food poisoning just because the tomato sauce she ate wasn't cooked long enough! As you can see, you should always ask the chef to cook it for an extensive period of time.

When you eat out, make sure the restaurant is clean. Some dust might've fallen in, or some tiny fleas. They might be small, but the effects are! Make sure you never eat under a tree. Some bacteria are

gathered in the leaves and dust specks. If they float down into your McDonald's hamburger and you eat it, it will cause disease. That was what happened to my aunt. She ate some food under a tree, something bad fell in it, and she ate it. Then, she got so sick, she almost died!

Of course, (I know your parents always nagged you about this) **WASH YOUR HANDS** before dealing with food. That goes for chefs, hamburger flippers, sandwich makers and YOU. Here's what might happen if you don't listen to me: Fever, vomiting, uncomfortable stomach and diarrhea. My mom's friend bought KFC's fried chicken. She was on an empty stomach, and she was hungry. She was thinking to eat it at the hotel, but when she got into the taxi, the smell of the crunchy snack overcame her. She picked it up with her dirty fingers and ate **ONLY ONE**. She became so sick, and vomited a lot.

Afterwards, she **ALWAYS** washed her hands. She has already learned her painful lesson. But you don't have to go through sickness to learn. You can learn from this essay. This is why people should pay more attention to food safety.

Warn your friends and family. Together, we can cross out germs for **GOOD!**