

Letters to Parents



Chinese New Year Version for a New Year Plan

Dear Mom and Dad,

Kung Hei Fat Choi! I wish you a prosperous New Year and good health!

Today, my class teacher asked us to work out a New Year plan with our parents. Do you know my plan? In this coming year, I will study hard and be healthier.

Last school health check, I heard a classmate was overweight by 10 pounds. Now even if he runs just a little faster, he will gasp for breath. And he always needs to see the doctor. I remember that a nurse told us: being overweight will increase our risk of having chronic diseases, such as diabetes, heart diseases, colon cancer and stroke. These diseases will also cause pain and distress.

To be healthier, my class teacher encouraged us to use steaming and baking instead of frying during cooking. I then immediately recall every Chinese New Year, Mom makes home-made steamed turnip cake with mushroom and dried-shrimp. Hmmm, it tastes delicious!

My class teacher also suggested us choosing healthier snacks for Chinese New Year. For example, use rice crackers to replace deep-fried dumpling. Melon seeds and nuts should not contain added salt or sugar. We should follow a balanced diet, eat more fruit and vegetables, drink a lot of water and avoid picky eating. From now on, I decided I would not always ask you to buy sweets and chips for me.

Mom and Dad, will you join me to do more exercise this year and enjoy its benefit together?

Hee Hee! Do you think I will get a big red packet as I help you to save money on snacks and medical fees?

Your love.

