



*Precious Blood Primary School (Wah Fu Estate)*

*2009 - 2010 Essay Writing Contest*

*Healthy Living*

*How to make the Best use of your spare time*

*Young people usually play computer games, NDS, PSP, PS3, Xbox etc. in their spare time. And adults will read magazines, chat to people on facebook... in their spare time. Do these things make the best of your spare time? The answer is "No".*

*We can go hiking in our spare time. There are many country parks in Hong Kong. We can enjoy leisure walking, barbecuing, family picnics and camping with our family and friends. We can breathe fresh air in the country parks too.*

*We can also do voluntary work. We can go to the hospital to help the sick people. We should help people in need. We can also go to the library to tidy books. We can help the people in need so that we will be happy.*

*We ought not to play many computer games and we ought to do more meaningful things so that we can make the best use of spare our time.*

*P.6A Lee Chun ngai*