

4C Class Presentation

Scene 1

Narrator: Vincy is an obese girl in class. One day, Vincy was eating snacks after school. When she was enjoying her exclusive time, she heard some vicious sounds.

Marcus: Oh My God! Let's look at Vincy. She is so fat now but she is still eating the snacks.(Point at Vincy)

Joa: WOW! I am really curious to know about how heavy she is.(Chuckle)

Marcus: I think she is as heavy as an elephant.(Marcus and Joa guffawing)

Scene 2

Narrator: Vincy has heard about what the students said. She sits on the bench and feels upset.

Vincy: (Sigh and be distressed) Why does everyone keep laughing at me, I don't want to be obese but I do not have ideas on what I can do. What should I do? (sitting on the bench)

Helen: (stand behind Vincy) Don't be low-spirited, there are a lots of solutions.

Vincy: (Surprised) Really? Don't console me .I know I am too fat. It is difficult for me to lose weight.

Helen: Trust me. My auntie works in a beauty salon, there are many different kinds of fitness plans for you to choose. For instance, diet pills or liposuction.

Vincy: (Considering) Um··· I think that diet pills are more suitable for me since I can't let my parents know about that. But, does this pill work?

Helen: My auntie said that it is really effective. If you are worried about it, I can call my aunt to give you some diet pills free of charge .You can try and see how it goes

Vincy: (catch hold of her hand) Okay. Anyway, thank you for your help!

Scene 3

Narrator: Vincy has tried the diet pills. The pills have spoiled Vincy's appetite, so she becomes thinner than before naturally. One day, when Vincy finished her lunch and was about to take diet pills, her friend shouted, 'Suki' .

Suki: Vincy! What are you eating? Why do you look haggard?

Vincy: Oh Suki, it is the diet pill which is introduced by Helen. It is really effective !

Suki: What?! You are taking diet pills? Stop taking it right now. Do you know that taking diet pills blindly is very dangerous?

Vincy: But the diet pills work. I have become thinner.

Suki: Diet pills cause a lot of side effects such as vomit and stomachache. If you don't believe me, we can find our professor Tam.

Scene 4

Narrator: Vincy and Suki go to find Professor Tam to prove whether the diet pills are dangerous or not.

Vincy: Professor Tam, I have something to ask you. Do diet pills hurt our body?

Professor Tam: Yes, they do because they don't burn your fat directly .Diet pills contain some substances that affect your appetite and lead you to vomit. In the course of time, the amount of food intake will become smaller. So you will become thinner. If you are taking diet pills continuously, you may get a disease called anorexia.

Suki: So, you know why taking diet pills blindly is very dangerous.

Vincy: I see, thank you for your advice. But what is the best and healthiest way to lose weight?

Suki: First, you should have a balanced diet that consists of all the food substances in the right amounts and proportions. We can make good use of the food pyramid as a guideline to plan a balanced diet.

Vincy: What food substances and how much should we take in?

Suki: Let them tell you.

Daniel: Carbohydrates, lipids, proteins, dietary fibre, vitamins, minerals and water. These substances should be taken in during every meal.

Lily: You should have fat, oil, salt and sugar in very small amounts. If you eat too much fatty and sugary food, it will lead you to become overweight. Too much salt may lead to high blood pressure.

Emily: Then, you should take dairy products, meats and eggs in moderation since they are rich in proteins, vitamins and minerals. They are needed for repairing of the body.

Abbie: Also, you may eat more vegetables and fruits. They are rich in dietary fibre and vitamins. They are needed for maintaining health.

Kelvin: Lastly, you must eat cereals and grains the most. It provides us with energy readily.

Betty: Thank you for your explanations.

Professor Tam: Vincy, the best method of losing weight is having a balanced diet and doing exercise regularly. Therefore, you should stop taking the diet pills.

Vincy: Suki and Professor Tam, thank you for your kind advice. I will stop taking diet pills and follow your advice.

Narrator: Months later, Vincy loses weight successfully and no one makes fun of her anymore.

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