

Keep senior three students healthy and happy

In China, the competition of the college entrance examination is very intense. Senior three students should do a lot of homework and they often get pressure from their parent's and teachers' expectation. So those senior three students who are eager for entering into a famous college study hard under huge pressure. They usually eat food optionally, even ignore meals and sleep very late. I think it's time to tell something about how to make students to keep themselves healthy and happy in their senior three.

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First of all, I want to share you with my experience in senior three, since I have entered in college. When I was in senior three, I didn't have a good lifestyle. I think this is material for teaching by negative example. During a period of senior three, everyday I did my homework till twelve o'clock in the evening, even later. After then, I felt tired and exhausted in the second day. I couldn't make concentration on class, so I fall asleep. I missed what the teacher said in class. This is a vicious cicle. In addition, I often ate snacks and junk foods like Mcdonald's, KFC and pizza. So I became fatter and lost balance of nutrition. Many students like me got ill and they got stomachache because of

irregularity of eating meals. The condition of body will influence study. If you don't have a health lifestyle, it's difficult for you to do a good job on study. Now , I want to give you some advice to keep you healthy and happy in your study life.

Sleep: Sleep is very important. No matter you finish your homework or not, you'd better sleep before 11 pm. Then you can get up earlier to continue doing your homework. It will have good effect If you do like that. Maybe some people will ask me that why they cannot sleep late and get up later. Why I didn't recommend you to do so? It's different, because your body will have rest when it is 11 pm, you have to sleep too at that time. Then your body can work better the next day. You can also be energetic in your class. Plenty of sleep time can make you yield twice the result with half the effort.

Diet: First, you should eat full. Some students especially girls, they may take this opportunity to lose their weight. They will go on a diet. This is absolutely wrong! You should intake enough nutrition you need. However , you cannot eat too much. You can eat more fruits on account of fruit is very nutritious and it can make you full. More, you cannot eat junk food everyday. Maybe you can eat what you like once a week such as hamburgers□pizza□french fired and so on. To snacks like chocolate and sugar, you can eat them whenever you want, but remember to be moderate. Health diet can keep you a good condition to study.

What parents can do? Many parents like to ask this question. I think parents can prepare elaborate meals for children and when they are doing homework , maybe you can bring them some fruits and milk to make them relax. Parents should support their children.

To sum up, enough sleep and health diet is very important in senior three. Hope you a health and happy life in senior three and enter into your ideal university.

And this is the website I know that have some ways and advice for your learning.

Website: [Opinions](#)

Hope you can learn from it.