

Don't Drink Too Much Soda

I love to drink soda. It tastes so good! Do you like soda? A lot of people love it. And they drink a lot of soda. But they should not do that because soda has a lot of sugar in it. Sugar makes food taste sweet. That's why soda tastes so sweet.

I'm sure you like sugar. A lot of people do. I like sugar, too. But I know this is not a good thing. Sugar is not good for your body. Sugar can hurt many parts of your body. For example, it can do bad things to your teeth. This is why it's important to brush your teeth every day. Too much sugar can even harm your heart as well. And, of course, too much sugar makes you fat. It can cause more health problems.

Some people did experiments on drinking soda. They studied people who drink at least two glasses of soda every day. They found that these people often have health problems. So put down that can of soda right now! I don't mean to scare you. But it's true. Too much sugar is really bad for you. If you want to live a long, healthy life, don't drink soda too often. Also, don't eat too many other sweet desserts.

In addition, don't forget to do exercise, too. Exercise helps your body. Exercise can even help your body fight the bad effects of sugar. So if you want to stay healthy, eat less sugar, and remember to get some exercise every day.

(選文參考自 ICRT News LunchBox)

No More Plastic

What do you like to drink? Water, juice, tea or a sports drink? What do you usually use to drink your tea? A plastic straw, right? Straws are really convenient! Now many places in Taiwan don't give plastic straws because straws are made out of plastic. There are more than 23 million people in Taiwan. If everybody uses one or two straws every day, there will be a lot of straws and a lot of plastic garbage!

Most plastic things don't rot and become part of the earth when you throw them away. Food rots and becomes part of the earth when you throw it away. Paper and clothes and lots of things rot and become part of the earth after you throw them away but not plastic.

The government hopes people stop using plastic straws because that will stop tons of plastic garbage! It sounds like a good idea. But what can we use to drink our juice or sports drink?

One idea is bamboo straws or straws made out of metal. You can use a metal straw again and again. Bamboo is good for the earth. It rots and goes away like food.

We use too much plastic in Taiwan. Some of the plastic garbage goes into the ocean, and some plastic garbage stays in the earth for years and years! We can all help Taiwan by not using so many plastic things.

We can use a metal straw or a bamboo straw, and we can use our plastic bags again and again.

We have more than 23 million people in Taiwan! If everyone uses less plastic every day, it could make a big difference! (選文參考自 ICRT News LunchBox)