



Goodies

Staying healthy in the fall

AUTUMN is finally here. The leaves of some trees have turned red, yellow and orange, while others have begun falling. But in Hong Kong, autumn and winter are the drier seasons. Here are some tips to avoid dry, itchy skin.

Do not shower for too long

Do not wear wool

Use a humidifier

Use moisturising body wash instead of soap

Do not scratch yourself

Have fun to relieve stress

Use thicker creams as lotion

Use laundry detergents that do not irritate skin

Do not use body scrubs or loofahs

Eat foods that keep the body moist

I will throw away my old lotion and buy new ones immediately!

Don't be wasteful! Save it for the next spring and summer!





Tips for a good autumn

CHANGING seasons can lead to many problems apart from dry skin. Colds and the flu are pretty **common** during autumns and winters, too. Here are some tips to avoid going to the doctor too often.

1. Eat many nutritious foods: there is a saying – ‘eat the rainbow’. It means to eat different coloured foods, especially many vegetables, so that you will get fibre (纖維), vitamins (維他命) and minerals (礦物質)

2. Choose complex carbohydrates (碳水化合物) over simple ones: choose grains that are harder to digest, like brown rice instead of white rice, or whole wheat bread instead of white bread

3. Eat a bit of fat: do not overeat extremely fatty food, but a small bit is necessary because it will make us feel full quicker and stop us from eating too much

4. Plan ahead: figure out what you want to eat and how to exercise at the start of the week; adjust your exercise routine around your school hours

5. Try new things: learn new ways to exercise such as doing **yoga** or tai chi (太極), and eat new foods as well

6. Eat better, not less: this is true for the whole year – try to eat more nutritious foods instead of eating less food to stay fit

7. Eat your protein (蛋白質): remember to have some meat in every meal, though not too much; good sources of protein include fish, eggs, **poultry**, **lean** meat, nuts, etc

8. Drink a lot of water: it goes without saying that we all need water; if you do not have enough water, you might feel hungrier when it is actually water you need. It also helps keep your skin less dry



Spot four differences between these two pictures.



Answers on P12