



In the health centre, we have learnt lots of knowledge about health which is inextricably affiliated to our daily life but always be neglected by us. The High risk food is an example. High risk food, by which we mean the food that has risk presented naturally, like fish, eggs, vegetable. If we do not treat them properly or store them in the right place with the right temperature, virus may intrude and then make us sick. Sometimes, those viruses may even be deathly. Therefore, it is of paramount importance to treat them in the right way so as to keep us safe. Besides, after the visit, we also know more about the importance to keep the environment clean. It is because the dirt breeds diseases as the mosquito and flies will be propagated easily and transmits diseases if the environment is not clean enough. Therefore, we gain much knowledge from this visit.