

**Member: 5D Fung Yuk Hing, Tse Man Huen and 5E Sze To Lui**

We went to the health education exhibition and resource centre. Since we have never been to there before, a visit to it was definitely a memorable experience to us. The exhibition is separated into different sections like genetically modified food, food nutrition facts and body tests. We were amazed by the small games because they were well-designed which we can watch the animation and learn at the same time. This is no doubt a way for us to learn effectively. Meanwhile, we have a worksheet to be filled in. by so doing, we learnt more as sometimes we overlooked some of the important information which may be quite useful to our daily lives. When we walked upstairs, the exhibitions were quite different from the first-level one. Here we can do body tests on our hearing, fat content, and height. In addition, we can play in the market and kitchen in which we can learn some daily life knowledge. For the insects' models were the scariest. However, the displays do show us what we should do to prevent them from appearing in our houses. We did learn so much from the visit and we will practice them in our lives.