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Health trip





In the center, there are several advanced machines used to measure blood pressure, weight, height and the percentage of fat.

The results of the measured blood pressure are very detailed. They are separated into three columns: systolic pressure, diastolic pressure and general pulse rate. With the full explanation in from the teacher, we are surprised to know that we are dangerous in several aspects due to the lack of exercises. After the trip, we are probably more alert about our health and have a more frequent body-check. With the high technology, we can detect the potential disease easily, we should make good use of it and make improvement as soon as possible.

Also, we learnt a lot of knowledge from this activity which is out of our textbook. For example, we can know more about the Food Safety Plan brought by the government. Through the plan, we can avoid the foodborne illness brought by the consumption of contaminated foods since there is an application of the Hazard Analysis and Critical Control Points system.

That's why we can feel relieved on the food we brought because they are monitored by the government departments. At the end, we really want to say thank you to the teachers in charge and school can provide us such opportunities to learn more.