

Candidate Number						Venue	Seat No.
6	E	0	5	1	1	306	08

TAI PO SAM YUK SECONDARY SCHOOL
12th WRITING COMPETITION, 2016
PRIMARY 6 -- ENGLISH

Do not turn over the page until you are told to do so.

未經許可，不得翻閱此試題

Instructions to candidate:

1. Put your admission form and your school handbook/student ID on the top right corner of your desk. 請參賽者把已蓋章確認的報名表及學生證/手冊放於桌面的右上角。
2. Do not skip lines. 毋須隔行
3. Do not copy the question. 參賽者毋須抄題
4. Your writing should be at least 200 words. 文章字數不得少 200 字
5. You will be given 45 minutes to complete the writing. 作答文章限時 45 分鐘
6. Supplementary papers will be supplied on request. 如有需要，可要求加發單行紙
7. Write your Room and Seat Number on every page.
每一張單行紙均須寫上參賽者比賽場地及座號
8. Use blue or black pen. 請用藍色或黑色原子筆書寫
9. If you do not have a correction pen, just put a cross on the mistake. Marks will not be deducted for this. 如沒有塗改液，可以在文字上橫劃兩線表示刪除，不會被扣清潔分
10. The use of dictionary or instant-dictionary is not allowed. 不准使用任何字典或電子字典
11. You are reminded of the importance of clear handwriting. 字體必須整潔
12. No candidate can leave early. 參賽者不可以提早離場。必須等候監考員宣佈結束才可以離開。

* If a candidate breaks the above rules, marks may be deducted from the total score.

如參賽者違反以上規則，其參賽作品將可能被扣分

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Question

You heard this report on the TV news and also read it in the newspaper:

“Young people are eating too much sweet food
and having too many sugary drinks.
This is dangerous!”

Your English teacher asks you to write an article about this topic. You may follow the outline below:

- your feeling about the report
- why children like sweet food and drinks, with examples of the most popular ones
- dangers of taking in too much sweet food and drink
- how to help children consume less sweet food or drink

Write about 200 words. Give your article a title.

END OF QUESTION PAPER

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Title : Why Young People are Becoming Unhealthy?

Nowadays many young people are becoming unhealthy. Obviously, there are many factors which lead to this problem. Eating too much sweet food and having too many sugary drinks are two of them. Today, I heard an report ^{about this} on the TV news and also read it in the newspaper. I must agree, this is a very serious issue among the whole world. Children cannot stop eating sweet food and very few of them care about the nutrition facts, but why?

I think it is because parents and teachers always give them candies or biscuits as a treat. Whenever they have done a great job or behaved well, they will receive sweet food. Besides this, there are many fast food restaurants and convenience stores selling sugary drinks. As they are commonly sold at a low price, young people can afford to buy them. Moreover, since the sweet food and drinks taste good, most of the children will not beware of the nutrition facts. Let me make an example. Coca Cola is a popular drink that can be bought in everywhere. It also gives you appetite

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when you are having your lunch. However, do you know there is lots of sugar in a can of Coca Cola? It is very unhealthy.

Because of these reasons, many young people are taking in too much sweet food and drinks. As a result, they will become fat, gain weight and lead to many diseases, such as heart disease. When they grow up, it will be too late to rescue this problem. Therefore, we must take action at this moment.

To consume less sweet food or drink, we can use other snacks to replace the unhealthy ones. For instance, children should eat more vegetables and fruits instead of candies and jellies. Vegetables and fruits can help them grow fast. Furthermore, young people should not eat too much between meals. They should take in more nutrition but not much sugar.

These are some of the useful advice above. From today on, I hope you will eat less sweet food and have a healthy, balanced life!