

Candidate Number						Venue	Seat No.
6	E	1	5	2	7	Hall	253

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: Unhealthy Diet

I personally like to eat sweets and drink sugary drinks too. After I saw the news, I realized how unhealthy my diet is so I promised myself that I can only eat one candy a day and one sugary drink a week. Compared to my old diet, my new diet has improved a lot.

The reason why young people love sweet food and sugary drinks is because they love the taste of sugar. Little do they know that they are consuming food and drinks that can do a lot of harm to their bodies.

Candies and sugary drinks contain a lot of sugar. Sugar can make your body weak. Some of your organs may not work properly. By the time you realize that your sweet tooth made your body weak, it will already be too late.

Instead of eating sugar made in factories, you can taste the sweetness from nature. Fruits have natural sweetness in them so they are tasty and healthy. Some people do not like fruits because they do not think they are tasty

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enough. Some people like fruits because they think they are healthy and tasty. Each person's tastes are different but whether you like it or not, you have to admit fruits are a lot healthier than sweets, chocolate and soft drinks.

Children these days do not really care about their health. They only care about the things that make them happy. When they do not get what they want, they cry and whine until they get what they want. I think we should help them realize how important our health is. We can do that by spreading the message in schools and television because children usually spend their time in school and watching television. Parents should also limit their diets and give them sweet food and sugary drinks occasionally. Perhaps they will lose interest in sweet food and sugary drinks as they grow up.