

Candidate Number					Venue	Seat No.	
6	E	2	8	5	6	306	30

TAI PO SAM YUK SECONDARY SCHOOL
15th WRITING COMPETITION, 2019
PRIMARY 6 -- ENGLISH

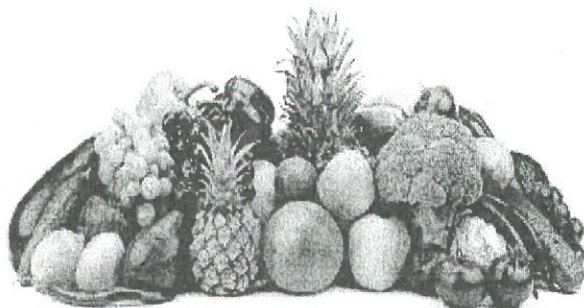
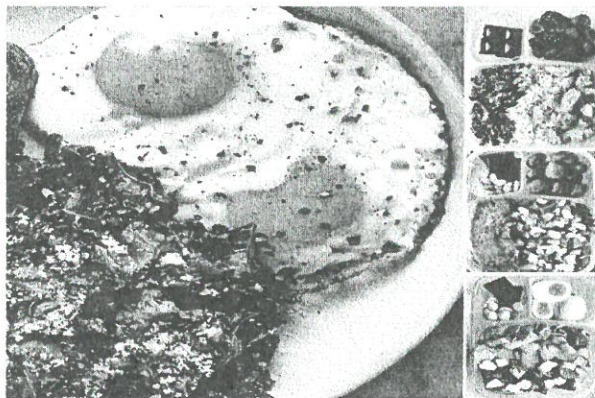
Question

You have just got an email from your friend, John, who studies in another school. Among other things, he said:

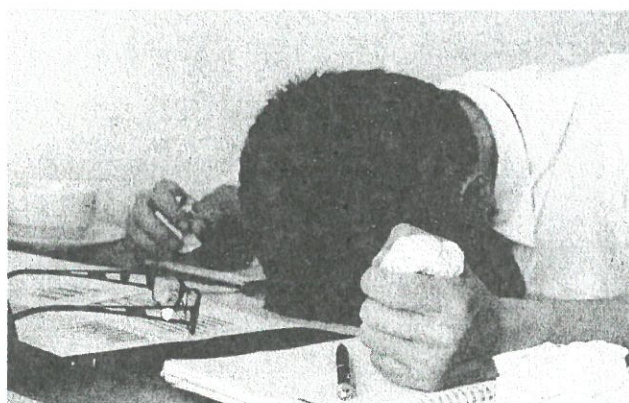
"For 3 months now, I've been gaining weight. I'm afraid that soon I'll be overweight. What can I do?"

In about **200** words, write a reply to John. Give him some advice about the things he can do.

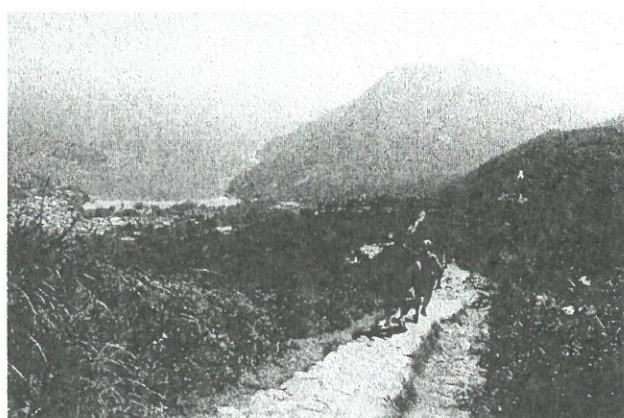
As a friend, remember to support and encourage him. Sign your name 'Chris'. The pictures below may help you.



food items/diet



time management



outdoor physical exercise/activities

END OF QUESTION PAPER

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Hi John,

I heard that you have been struggling over your weight lately. Well, there's no need to fret anymore, ^{because} I'm here to give you some words of advice ^{about this burden}.

There are several reasons for the occurrence of your weight-gaining. It may be about the improper lifestyle ^{have been} you ~~are~~ having, such as, stress due to your exams, or even the food you have been eating. My first advice for you is to make possible adjustments on your timetable. You don't need to sit all day to do revision. Instead, compensate for the stress you created and leave a handful of time for relaxation. Make sure to often do the things you love ~~to do~~ and be happy as always. Not only does this avoid obesity caused by stress, but it could also result in a better outcome in your assessments.

Whilst you work on the advice above, it is also necessary to choose the suitable foods to eat at this stage. If you always eat fast food as a habit, it's no good to the ^{human} ~~human~~ body. Since you are intaking too much fat, it also causes ^{you} to be obese. You have to stop

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eating all ~~these~~ junk food and start replacing them with nutritious foods^{including the five main nutrients}. It is relevant to always eat vegetables,

meat, fruits but make sure to ~~eat~~^{have} the correct portion. Also, drink lots and lots of water to stay hydrated^{and clear of each your bowels to avoid constipation.}

My final advice is to do exercise regularly. There's a variety of sports you can choose, and I'm sure that some should suit you^{very well}. Running, hiking, badminton, swimming...

Just to name a few. The most recommended period of time is^{mostly} after dinner break. You can burn excessive calories off and it'll also make you feel ~~relaxed~~^{hyped}! It doesn't always have to be done indoors, but needless to say, it's also vital for your body to breathe in fresh air! ~~It~~ truly is beneficial for everyone, especially people like you^{exercising} right now!

And that's all the advice I have for you. Remember, I'm always by your side if you need ~~sp~~ support. Message me if you need^{any} help, and good luck on accomplishing the goals!^{I mentioned}

- Chris