

Candidate Number					Venue	Seat No.
6	E	2	7	30	Hall	126

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

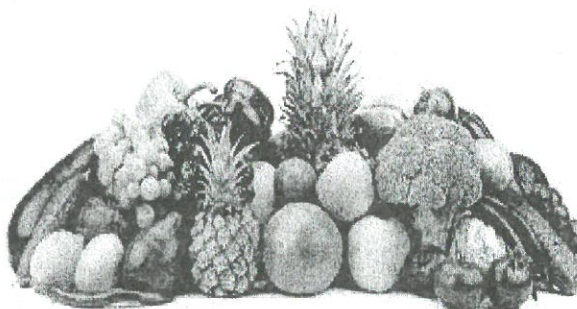
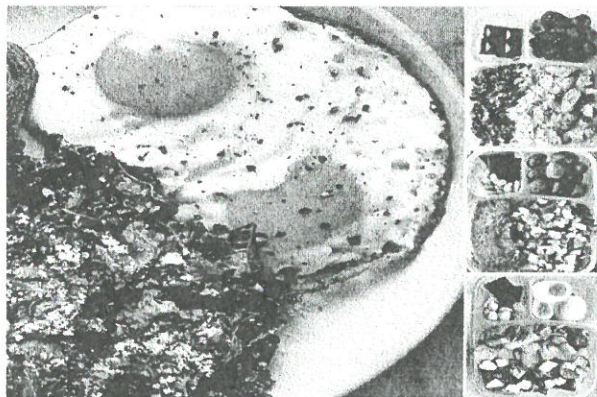
Question

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

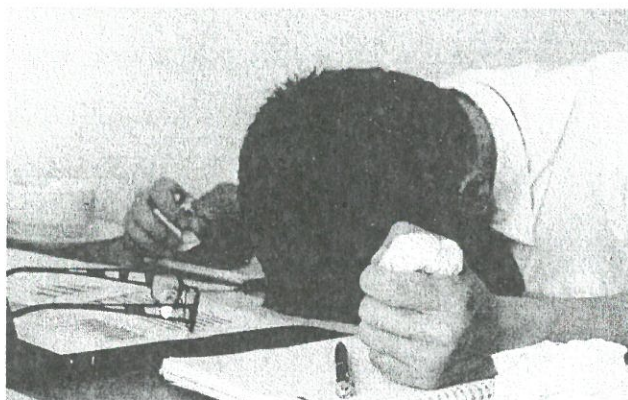
“For 3 months now, I’ve been gaining weight. I’m afraid that soon I’ll be overweight. What can I do?”

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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Dear John,

It is lovely to hear from you! In reply to your last email, I have some tips for you:

First of all, you need to have a balanced diet. This is ^{very} important as eating too much fried and processed food is a reason ^{why} many people are overweight. Instead, try following the food pyramid and eat more fruits and vegetables. Also, try to eat less junk food like sweets and chips.

Equally important, you should have a habit of doing outdoor activities at least 30 minutes a day. Doing so will not only keep you in good shape, but also help you relax. If you don't like doing exercise, I recommend you to start with light and easy sports like jogging and taking a walk. Moreover, you can listen to music while doing sports so that it isn't that tedious.

Last but not least, you should design a timetable suitable for your everyday life as this can improve your time management. ^{skills} Another advantage is you can monitor your rest schedule. ^{properly} Sleeping late but waking up early will harm both your

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mind and body. By tailor-making your own timetable, you can find a way to squeeze in time for doing sports, find time to take a break and ^{still finish all of your work on time!} A recent study have revealed that people with good time management skills tend to have slimmer chances of obesity and diabetes in their later life. ^{being diagnosed with} ^{these tips may}

Although carrying out ^{your} seem hard at first sight, I am sure that by ^{any} perseverance and determination, you can overcome all of the obstacles and lead a healthy lifestyle. If you ever encounter ^{and difficulties} struggles in the future, ^{do} let me know and I will try my best to help you.

I can't wait to hear from you!

Wishing you success,

Chris