

Candidate Number					Venue	Seat No.
6	E	2	8	5	2	Room 407 4

**TAI PO SAM YUK SECONDARY SCHOOL**  
**15<sup>th</sup> WRITING COMPETITION, 2019**  
**PRIMARY 6 -- ENGLISH**

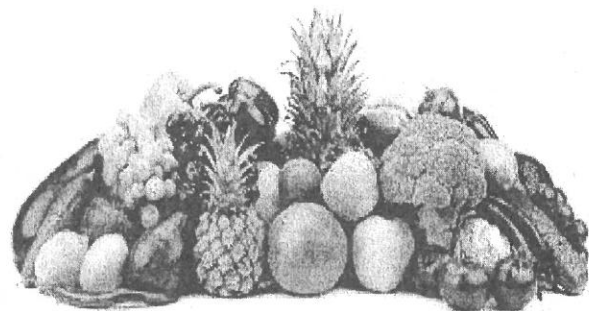
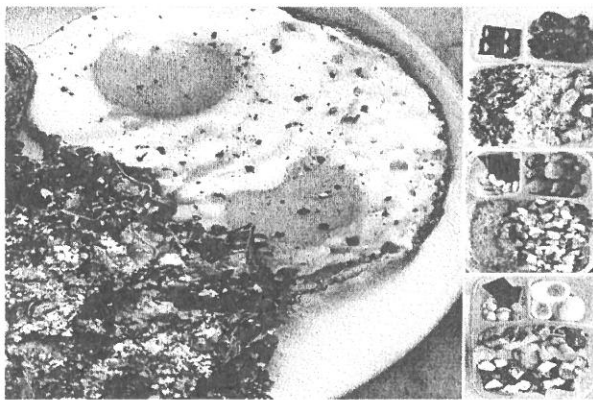
**Question**

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,

I am so glad to hear from you! It feels like decades since you're last written to me.

Referring to your email, you are afraid that you will be overweight. However, that's nothing to be afraid of. We are Primary 6 and we are going through puberty. During puberty, our bodies grow rapidly in both height and weight, and it is perfectly normal. But since you worried, here are some tips to prevent you to be overweight:

First of all, you can keep a more balanced diet. Remember the food pyramid? You should eat grains, fruits and vegetables more often than oily and spicy food. You can eat meat and drink milk, but have them less than fruits and vegetables. I am sure this will work.

Other than that, you should sleep earlier. Do you know that if you sleep earlier you can't get fatter? That's because at night, the hormones in your bodies get tired and needs rest, but if you don't sleep, your stomach will slowly digest all of your dinner and grow hungry again. And what you do if you're hungry? Eat! So, time management so

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that you can sleep early is a productive way to lose weight.

Last but not least, you should exercise more.

According to Professor McTaggen from Cambridge University, physical exercise such as bike-riding, jogging and rope-skipping, is an excellent way to burn down calories. You can make a chart and make sure you do at least 30 minutes of exercise per day. Trust me, my mom tried this method last year and lost 10g!

All in all, if you don't want to be over-weight, keep a healthy diet, manage your time and keep fit by exercising. No more than 2 months, you will as slim as a rope.

But remember, gaining weight is normal for kids our age, so there's nothing to worry about.

Look forward to hearing from you again.

Sincerely,

Chris