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TAI PO SAM YUK SECONDARY SCHOOL
17th WRITING COMPETITION, 2021
PRIMARY 6 -- ENGLISH

Dear grandpa,

Long time no see! It has been a while since we met. The last time I saw you, you were a 64 year old chap – who knew time could fly so quickly? I'm ecstatic that you're now one year older, but unfortunately I couldn't come visit you. I hope you're doing alright!

Since I want you to stay as your healthy and happy self, I'm going to give you some tips on how to stay healthy and positive! First of all, I'd suggest sticking to the infamous food pyramid.

To stay healthy, I would suggest having a healthy balance of potassium, vitamins and maybe some sugar once in a while.

A balanced diet should consist of a daily consumption of grains, fruit and vegetables. Try to avoid having fat, oily and sugary foods, since it can damage your health. Second of all, you might

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want to discover some new hobbies.

Hobbies such as jogging, sports and cycling can help burn calories. On the other hand, hobbies such as reading, bird-watching and art can enhance your skills and improve your mental health.

I know how much you enjoy reading,

remember the collection of Charles Dickens books you showed me the last time I

visited? I bet you'd love to spend all

day reading. Third of all, in addition to

my previous point about hobbies, exercise

is a must have in your schedule if you

want to stay as your healthy and energetic

self. I would recommend hiking or jogging,

since I know how much you adored hiking

when you were my age. Try and attempt

to have at least 30 minutes of exercise

a day, and try to walk more than 7000

steps a day. But most important of all,

the key to exercising is not to push

yourself! Lastly, meeting up with friends

and family are one of the best things to

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have in your schedule. As they say, laughter is the best medicine. Maybe try meeting up with your neighbours or folks nearby, have a chat or go have lunch! As long as you're happy, I'm sure that you'd have an awesome time with your pals.

If you're wondering how I'm doing, you're in luck! I've been having an amazing week, since our school's football team won a tournament. And guess who shot the winning goal? Yep, it's your one and only granddaughter! It had been an amazing, once in a lifetime experience for me. I didn't expect to be able to get into the football team, let alone help the team win!

Well, it's been great talking to you. Once again, I wish you a fulfilled, joyful 65th birthday. Have a healthy and happy year of life, and hopefully I'll be able to come around to your place soon. Best of luck to you, grandpa!

Sincerely,
Sammy.