

Candidate Number						Venue	Seat No.
6	E	1	1	0	0	Room 306	22

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

Dear Grandfather,

How are you? I'm so sorry I couldn't attend to your 65th birthday. It has been my greatest regret, but congratulations! Since I couldn't celebrate your birthday, I decide to make it up to you by telling you tips to stay healthy.

Firstly, you should exercise regularly. It's not going to be a walk in the park, I mean figurative and literally. You have to walk for about thirty minutes a day. I suggest you should walk on Main Street. Secondly, having good hobbies are very important. For example, you ought to read more books, play some sports or even travel around the world. Trust me, it will be very exciting and entertaining. The third tip is to eat healthy. It is the utmost importance for your health. You know what they say: An apple a day keeps the doctor away, but just a ^{bit slice of} teeny apple isn't going to prevent the doctor ^{from coming}. You should ^{at least} eat two bowls of rice or noodles ^{mostly for you} ^{are important as well,} vegetables and fruits and finally dairy products such as milk and yogurt for your breakfast. Oh! Almost forgot to tell you to eat meat and eggs. You also ought to eat food that contain salt, oil and sugar. However, you shouldn't eat too much or else you may have heart diseases. Needless to say, healthy eating is

Candidate Number					Venue	Seat No.
6	E	1	1	00	Room 306	22

what keeps us alive. Last but not least, you should meet your friends and family more often. Happiness is what gives life meanings so go out there and meet them and their smiles and laughs might just do the job!

I'm not just going to tell you tips on being a wealthy person! I actually wish to talk to you about my life. Since there will be an exam next week, I study all my subjects around the clock. However, I haven't forgotten to do sports daily. I play badminton every day at noon like clockwork. Last month, something out of the blue happened! I won my first ever badminton competition! I was planning on showing it to you, but unfortunately I couldn't travel to your place.

Also, wish me luck for next week's exam! I hope all my sweat^s and my precious time and knowledge pay off! ^{finally,} I'm going to tell you why I couldn't go to your place: First, My dad's ^{fancy} car broke down so we had to go by bus. However, we missed the last bus ^{because I tripped over a rock} so we had to go by the MTR. However, there was a blackout throughout the ^{whole} city so the train stopped instantly. Well, that was a series of unfortunate events!

Anyway, hope there will be better luck next time when I travel to your place. Remember my tips about being healthy. When you have trouble, I'm all ears. Hope to meet you next time, bye!

Candidate Number						Venue	Seat No.
6	E	1	1	0	0	Room 306	22

Love,

Your precious grandson, Sammy