

2010-2011 PM

1A	Chan Wai Tung, Sara	Healthy Food is good for us
1A	Ko Yung Lam, Megan	Healthy Life
1A	Tang Chi Ho, Clarence	Keep Fit Song
2A	Chau Hei Tung, Janice	Fatty, Be Healthy!
2A	Cheung Kam Wing, Jason	What A Bad Day!
2A	Lee Pui Chak	No More Doctors and Nurses!
2B	Choi Siu Hin, Edwin	Suggest what Fatty must do to keep himself in good health
2B	Fung Ho Cheung, Bennett	What I must do to stay healthy
2B	Leung Wing Man, Karen	What I must do to stay healthy
3A	Lee Chun Hang, Henry	Healthy Tips
3A	Chung Ka Yan, Felice	No More Food from Hawkers!
3A	Leung Man Chun, Scarlett	No More Food from Hawkers!
4A	Lam Cheuk Lok, Thomas	Healthy Eating Habits
4A	Lin Kai Wa Era	Sports are good for health
4A	Ng Cheuk Tung, Zita	My Healthiest Friend
4A	Ngan Hoi Tin, Kevin	Healthy Eating Habits
4B	Mo Ka Leung, Moses	My Healthiest Friend
4B	Yeung Hoi Lam	My Healthiest Friend
4B	Yung Chi Ku, Alan	Sports are good for health
5A	Ko Yung Ying	Health is important
5A	Kwok Po, Stephen	Smoking is harmful
5A	Tse Cheuk Hin, Larry	Hiking is Fun
5B	Chung Wing Lam, Ivy	A Healthy Life
5B	Mui Hiu Yan	Smoking is Harmful
5B	Ng Cho Kiu, Yo-yo	A Healthy Life
6A	Yung Vienna	Smoking is Harmful
6A	Chan Wing Yan, Maggie	Ways to Live a Healthy Lifestyle
6A	Chou King Lim, Ken	Benefits of healthy living
6B	Wong Po Wai, Candy	How to live a healthy life?
6B	Chan Tsz Hong, Kenny	A letter to the principal - How to Promote a Healthy Life at School
6B	Wong Ka Yuk, Cindy	A letter to the Principal - How to Promote a Healthy Life at School
6B	Yu Wing Lam, Wing	Staying Healthy

2010-2011 1A P.M. Chan Wai Tung, Sara

Healthy Food is good for us

Milk, vegetables, fruits, fish, rice and bread. All this healthy food is good for us. I like all of them. We can buy the healthy food in a market or a supermarket. If you want to have a healthy life, don't eat too much junk food.

Miss Wong Pik Yan:

Sara is a good writer. She tells us how to choose food. Sara, keep it up! I love your writing.

Mr Eldred:

A good informative piece of work, well done!



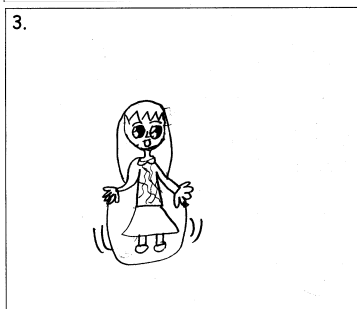
Healthy Life



Today is sunny.
Sara meets MiMi,
MiMi looks fat.



Sara says,
'You need to eat more healthy
food and do more exercise.'



MiMi does exercise every day.
She is skipping now.



MiMi eats healthy food always.
Now she is a fit girl.

Miss Wong Pik Yan:

Megan can write a comic to describe 'Healthy Life'. She also draws some vivid pictures. Well done, Megan!

Mr Eldred:

Great comic strip Megan!!

2010-2011 1A P.M. Tang Chi Ho, Clarence

Keep Fit Song

In the tune of 'We Wish You A Christmas'

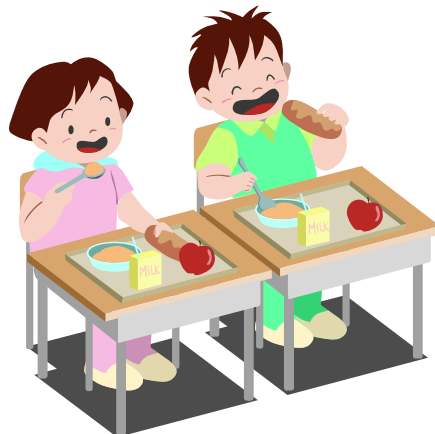
We should not drink too many soft drinks,
We should not eat too much fast food,
We should eat more vegetables,
And do more exercise.

Miss Wong Pik Yan:

Clarence, you are so creative and brilliant. You can sing this song to everyone you know. I think they would like it very much.

Mr Eldred:

Excellent piece of work Clarence. Well done!



2010-2011 2A P.M. Cheung Kam Wing, Jason

What A Bad Day!

I was sick last Monday. I had a fever and a sore throat. My mother took me to see the doctor. I felt sad and unhappy. I stayed at home for a day. My mother took good care of me. She told me how I could be strong and healthy.

To stay healthy, I must do exercise, take vitamins and eat a lot of rice, fruit and vegetables. I hope I can be a strong, healthy girl.

Miss Kwan Wan Man:

The writing briefly shows us Jason's experience of being sick and he learns some ways to stay healthy from his mother. Good try!

Mr Eldred:

Good piece of work Jason. Well done!



2010-2011 2A P.M. Lee Pui Chak

No More Doctors and Nurses!

I was sick on Monday. I had a cough and a runny nose, so I stayed at home for three days. My mum took care of me. I felt tired and bored. I did not like to take the medicine given by the doctor. It was so bitter.

I do not want to get sick anymore. My mum says I must do exercise, drink a lot of water and take vitamins. Then I can become a healthy girl, so that I can say "Goodbye!" to my doctors and nurses.

Miss Kwan Wan Man:

Pui Chak has just told us her bad experience of being sick. She also tells us how to avoid getting sick. Her writing is well organized. Well done!

Mr Eldred:

I hope you keep listening to your mum advice Pui Chak. Great piece of writing. Well done!



2010-2011 2B P.M. Choi Siu Hin, Edwin

Suggest what Fatty must do to keep himself in good health

Fatty is a fat boy. He is not healthy because he eats too much junk food but he does not like doing exercise.

He must eat more vegetables and fruits. He must not eat too much junk food, for example, chocolate and ice-cream. He must do more exercise to keep himself in good health.

Miss Yu Wai Ching:

I enjoy reading about the little writer's suggestions for what Fatty must do to keep himself in good health. It is a simple but nice piece of work. I can feel that Edwin is a healthy boy.

Mr Eldred:

Edwin made some good suggestions of ways for Fatty to become more healthy. Well done.



2010-2011 2B P.M. Fung Ho Cheung, Bennett

What I must do to stay healthy

I was sick at Chinese New Year. I had a sore throat. I stayed at home for four days. My mother took care of me. I felt sad and bored because I could not visit my relatives or friends. I could not eat sweets or turnip cakes. I must exercise and eat healthy food to stay healthy.

Miss Yu Wai Ching:

This is a lovely piece of writing. The ideas are fluently presented. It's a pity to know that Ho Cheung was sick at Chinese New Year. In order to stay healthy, we should remember to have a healthy and balanced diet and do more exercise.

Mr Eldred:

It's a shame Bennett was sick at Chinese New Year. Good work!



2010-2011 3A P.M. Lee Chun Hang, Henry

Healthy Tips

I am healthy and strong. I think I am healthy because I do sports every day. People like doing sports because they want to keep fit and strong. Do you want to stay fit and healthy? I am going to share some tips with you.

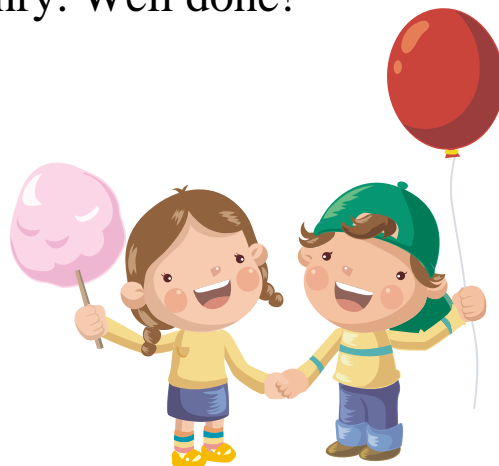
First, we should eat a lot of vegetables and fruit, like tomatoes, leeks, green peppers, mushrooms and carrots. Then we need a good sleep every day. We should sleep ten hours. Healthy kids should not stay up late. We should also do sports. We can run and swim to keep us fit and healthy. If you follow my suggestions, you will become a strong boy or girl.

Miss Kwan Wan Man:

Henry gives us some nice healthy tips. He also hopes his friends can follow his tips to get healthier. This is a nice piece of writing. The writing is simple and clear. Well done!

Mr Eldred:

Some great tips Henry. Well done!



2010-2011 3A P.M. Chung Ka Yan, Felice

No More Food from Hawkers!

My friend, Sam, liked to buy food from hawkers. He liked to eat fish balls very much because they were delicious.

Last Monday, Sam bought some fish balls from a hawker after school. That night he vomited and had a fever. He felt very weak and tired. His mother took him to see the doctor. He told the doctor he bought some fish balls from a hawker yesterday afternoon. The doctor told him, "Don't buy food from hawkers because their food is dirty. Take this medicine and take a rest for two days. Then you'll get better."

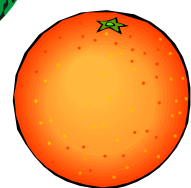
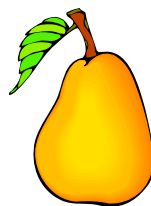
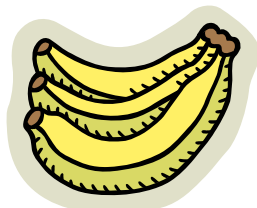
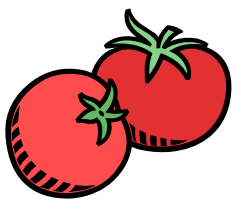
Sam wanted to stay strong and healthy, so his mother told him to do more exercise, and eat healthy food to keep strong and healthy. Sam will never buy food from hawkers again.

Miss Kwan Wan Man:

This is a piece of lovely writing. It is clear and concise. It tells why Sam is sick. She also suggests how to stay fit and healthy briefly.

Mr Eldred:

Good piece of work Felice. Well done!



2010-2011 3A P.M. Leung Man Chun, Scarlett

No More Food from Hawkers!

I like to eat fish balls. It is my favourite food. I loved to buy fish balls from hawkers. However I had a very bad experience of eating fish balls, so I do not buy fish balls from hawkers now.

A few years ago, I bought some fish balls from a hawker after school. They were so yummy, so I ate a lot. That night, I started to vomit while I was watching TV. Mum said, "You must be sick. You have a fever too," so we went to see the doctor.

When my mother and I arrived at the clinic, the doctor checked me up and gave me some medicine. He told me to take a rest for three days. The doctor also said to me, "If you want to be strong and healthy, you should eat healthy food. You should wash your hands before eating. You should do more exercise to keep you strong too."

I listened to the doctor and took the medicine. Then I felt better. Now, I do not eat food from hawkers. I also follow the doctor's suggestions. Now, I am stronger and healthier than before.

Miss Kwan Wan Man:

Scarlett has shared her own bad experience with us. The ideas are well presented and give us a vivid picture of the event. Well done!

Mr Eldred:

Thank you for your advice Scarlett. Great piece of work. Well done.



2010-2011 4A P.M. Lam Cheuk Lok, Thomas

Healthy Eating Habits

I like eating French fries. They are yummy. But I know that if I always eat them, these will make me fat. So, I always eat healthy food, like fruit and vegetables.

I usually have a sandwich for breakfast. It has egg, vegetables and tomatoes in it. Also, I have noodles for lunch. I have fish, a bowl of rice and vegetables for dinner. I think the food I eat for my breakfast, lunch and dinner is yummy and healthy.

If you want to have a healthy diet, you need to know more about the food pyramid. What is a food pyramid? A food pyramid suggests that people should eat more grain, cereals and vegetables, and an appropriate amount of fish, meat, eggs, beans, and dairy food.

If we want to build up a healthy eating habit, we need to have a healthy diet. We can stick the diet on the notice board to remind ourselves about healthy eating habits.

Miss Yam Yin Yee:

This is a piece of good writing. The information about eating healthily is well organized. Thomas has spent some time in surfing the internet and websites for more ideas about healthy eating habits and the ideas he suggested are good ones for all young children. This piece of writing is worth reading.

Mr Eldred:

Geart piece of research, Thomas. Well done!



2010-2011 4A P.M. Lin Kai Wa Era

Sports are good for health

I like sports very much and my favourite sports is cycling. I always ride on my beautiful and colourful bicycle. I like cycling with my parents because we all like cycling.

This exercise helps me keep fit. It helps us keep healthy, make us tall and become stronger.

I feel happy when I am playing my favourite sports. Sports help us to stay energetic and positive. Sports helps to train us to become patient. Therefore, I encourage other people to do sports because it can make us stronger.

Miss Yam Yin Yee:

Although this is a piece of short writing, Era has put forth the importance of doing sports in order to have a healthy life. Doing sports does not only help keep our bodies fit, it helps to build our own value judgments as well. I like playing badminton. How about you?

Mr Eldred:

Good piece of work Era. Well done!



2010-2011 4A P.M. Ng Cheuk Tung, Zita

My Healthiest Friend

Suki is my healthiest friend. She is nine years old. She is 141 centimetres tall. She weighs 31 kilograms. I think she is my healthiest friend because she gets up early in the morning and sleeps early in the evening. She eats different kinds of healthy food. She does sports for two hours every day. She likes playing badminton the most. She likes skipping too. She likes all sports. Suki eats a lot of vegetables for lunch and dinner. She eats a sandwich for breakfast every morning. She wakes up at half past seven in the morning and goes to bed at half past nine in the evening.

Miss Yam Yin Yee:

Zita is writing to appreciate her classmate, Suki. She said that Suki was her healthiest friend she has ever met before. She pointed out Suki's healthy eating habits. She described her friend in detail. I would also like to make friends with Suki because I want to be healthy too.

Mr Eldred:

I think everybody could learn from Suki's routine. Good work.



2010-2011 4A P.M. Ngan Hoi Tin, Kevin

Healthy Eating Habits

I like eating French fries but I seldom eat them. I always eat biscuits because biscuits are healthy food. For breakfast, I usually eat bread and milk. At lunch, I eat noodles or fried rice. For dinner, I eat rice, fish, pork, vegetables and soup. My father usually cooks for me at home and mum sometimes cooks for me too!

The food pyramid has six layers. It tells me that we must eat grain the most. We must eat more vegetables and milk. We must eat more fruit too. We must eat meat and beans in proper quantities. We must eat little oil. Every day, we must eat breakfast, lunch and dinner. We mustn't eat snacks before dinner. We need a healthy eating habit because we need a healthy body.

Miss Yam Yin Yee:

Kevin is a clever boy who understands which food is healthy and which is not. He is lucky that his parents can cook for him at home so that he can eat healthily. It is important for young children to learn from their guardians the proper attitude towards building healthy habits. The more they know the healthier they would become when they grow up.

Mr Eldred:

Showed firm knowledge on how to keep healthy. Well done!



2010-2011 4B P.M. Mo Ka Leung, Moses

My Healthiest Friend

My healthiest friend is Marco Ma. He is nine years old. Marco Ma is 129 cm tall. He weighs 29 kg. He is the healthiest person in my class because he likes eating vegetables and fruit. He likes playing football too because it is fun.

Marco Ma usually does exercise in the morning. He eats sandwiches and milk for breakfast. He eats rice and vegetables for lunch. He eats rice, fruit and a little meat for dinner. He wakes up early at eight o'clock. He goes to bed at ten o'clock at night.

Therefore I think Marco Ma is the healthiest boy. He always calls me out to play football with our friends.

Miss Chow Ling Yuk:

Moses can show his praise and appreciation for his friend. He is also a good friend indeed.

Mr Eldred:

Marco seems to be a very responsible boy. Good piece of writing, Moses. Well done!



2010-2011 4B P.M. Yeung Hoi Lam

My Healthiest Friend

Pinky is my healthiest friend. She is ten years old. She is one hundred and thirty-nine centimetres tall. She weighs twenty-eight kilograms. She eats fruit every day. She likes playing badminton. She does exercise on Sundays and Saturdays. She eats bread and drinks milk for breakfast. She eats rice and drinks juice for lunch. She eats fish and vegetables, and drinks soup for dinner. She wakes up early at eight o'clock in the morning. She goes to bed early at night. I think she has a healthy diet and has a healthy life.

Miss Chow Ling Yuk:

Hoi Lam not only knows her friend well. She also knows how to live a healthy life. What a healthy girl.

Mr Eldred:

Good piece of writing, Hoi Lam. Well done!



2010-2011 4B P.M. Yung Chi Ku, Alan

Sports are good for health

I like playing sports. I like playing basketball best. It is my favourite sport. I play it with my father on Sundays because he likes playing basketball too.

Playing sports is good for my health. I can be stronger. I can be taller. I can be fitter. I can lose weight and I will not be fat. When I am playing my favourite sport, I feel excited.

Sports can help us stay energetic and positive. We can become stronger and healthier in our daily life. Therefore, I encourage my schoolmates to do sports. They can be healthier too.

Miss Chow Ling Yuk:

Doing sports is important to our health physically and mentally. We should take up a sport as our hobby.

Mr Eldred:

Good piece of work, Alan. Well done!



2010-2011 5A P.M. Ko Yung Ying

Health is important

We must have a healthy life because health is good for us.

We should sleep early and wake up early because children should sleep for about nine hours a day. We should also do exercise every day.

At home, we can do some housework, e.g. sweeping the floor or watering the plants, so that we can do some hand and arm exercises. At school, we can walk up the stairs so that our legs can be stronger. In other places, such as sports centres, we can skip, play football and play basketball.

We need to eat fruit and vegetables too. Fruit and vegetables are healthy for us. They have a lot of Vitamin C.

We can tell our family to eat healthily and do exercise every day. I think we can design a poster about health at school. Then, our schoolmates can know more information about health.

Health is very important for us. Now, you know how to keep yourself healthy.

Miss Chow Ling Yuk:

Yung Ying has suggested a lot of practical ideas for us to keep fit and healthy. They are easy to follow too. Thank you, Yung Ying.

Mr Eldred:

Some goods suggestions, Yung Ying. Well done!



2010-2011 5A P.M. Kwok Po, Stephen

Smoking is harmful

Many people think smoking looks rich and smart but I think smoking is ugly because the smokers look like old people. Their skin is dry and their finger nails are yellow.

Smoking causes cancer, heart attacks and many other hazardous diseases. I think we should ban smoking because it is bad for our health. It is bad for the air and it is bad for other people too. Second-hand smoking and third-hand smoking affects the health of non-smokers. So, when I grow up, I will never smoke.

If any of my family members smoked, I would tell them to stop smoking and say to them that smoking is hazardous to our health and smoking will affect our appearance too.

Therefore, if you smoke, you should stop now.

Miss Chow Ling Yuk:

Very strong and persuasive writing. The smokers will quit smoking after reading your article, Stephen. Good job!

Mr Eldred:

Good piece of writing Stephen. Well done!



2010-2011 5A P.M. Tse Cheuk Hin, Larry

Hiking is Fun

Sunday 2 March

I have never gone hiking before, but today, I had my first hike with my family. We went to the country park. It was unforgettable.

We saw many beautiful flowers and tall green trees. We saw cute little birds and pretty butterflies too. We also saw other people playing games and flying kites during the journey. I felt comfortable when I saw all these scenes. After arriving at the destination, we had a picnic on the verdant grass. Then, we started hiking again. We enjoyed the scenic view when we were hiking. I was amazed by the nature.

I think hiking is good for us. We can breathe fresh air in the countryside. Hiking can make us healthy. We can enjoy it in groups. It can help build up the relationship with our family and friends.

It is fun to go hiking. I hope I can go again so I can refresh myself and have more fun memories.

Miss Chow Ling Yuk:

It is lovely that Larry would share his first hiking experience with us. More importantly, he can pinpoint the good sides of hiking. It is really a valuable activity.

Mr Eldred:

Some excellent vocabulary used, Larry. Well done!



2010-2011 5B P.M. Chung Wing Lam, Ivy

A Healthy Life

Do you want to have a long life? Do you want to be more beautiful or more handsome? If you want that, you need to have a 'Healthy Life'.

Healthy Life means don't eat any junk food. Every day you should do exercise and always feel happy!

At home, we can do exercise, like skipping or running. At school, we should learn more good exercise. Then keep doing exercise as our healthy habit.

If we need to keep a healthy life for a long time. We should start to live happy when we are young. It is important to have a healthy life because we can be strong and healthy. Many people want a long life but they don't have healthy habits so they can't live happily.

I have already started doing exercise and living happily, and how about you?

Miss Yam Yin Yee:

Ivy first started to discuss what a healthy life was and pointed out how to maintain a healthy life. She mentioned more information about living healthily and easily. According to her, it is not really difficult to have a healthy life. Ivy's writing shows her concern about how to live happily and healthily.

Mr Eldred:

Good piece of work. Well done!



2010-2011 5B P.M. Mui Hiu Yan

Smoking is Harmful

Why do people like smoking? They like it because they feel smart and cool when they smoke. They smoke when their friends smoke too. However, smoking has many bad effects. It causes diseases, particular to cancer.

In my opinion, I think that we should ban smoking. It is because smoking is harmful. The poisonous compounds in a cigarette makes our health worse.

When more people smoke, it makes second hand smoke spread further. Doctors say that second hand smoke causes cancer and heart attacks. Smoking makes us become unhealthy.

All in all, smoking is not good for our health. If any of my family members smoked, I would tell them the bad effects of smoking. Moreover, smoking also affects our appearance, particularly our teeth and skin.

Miss Yam Yin Yee:

Hiu Yan thought that people smoke because they wanted to show they were smart and cool. Of course, that is not true to say so. Hiu Yan then wrote about how smoking would harm our health by causing a heart attack or even cancer. After reading this text, all smokers should ban smoking immediately.

Mr Eldred:

Very detailed piece of writing. Good work!



2010-2011 5B P.M. Ng Cho Kiu, Yo-yo

A Healthy Life

We want to have healthy life because we think that is important for us. A healthy life to people means sleeping and getting up early every day. We must do exercises. We must eat healthy food, for example, milk, fruit, rice, meat and drink water. We must not smoke and drink too many soft drinks. I want to live a healthy life. We can make a timetable for when to sleep and get up. We can make healthy food for our meals. We can use our free time to do more exercises. We can join sports clubs at school. We can plant more flowers at our homes or in the park to make our lives healthy. We need to do these things so we can promote these actions to our family and friends. I have a healthy life so that I do not get ill easily. I can grow up healthily.

Miss Yam Yin Yee:

Yo-yo has discussed correctly about a healthy life. She talked about healthy habits and the ways of building those habits. She pointed out different aspects about healthy life and the importance of having a healthy life. Nowadays people are concerned more and more about their health. It is better to hear more from Yo-yo.

Mr Eldred:

Good piece of work, Yo-yo. Well done!



2010-2011 6AP.M. Chan Wing Yan, Maggie

Ways to Live a Healthy Lifestyle

Having a healthy life is important. Maintaining good eating habits and a well-being life style should be the focus of everyone in Hong Kong.

First of all, we need to do exercise at least half an hour every day. Doing exercise can help children grow taller and stronger and stay healthier. Though students can do exercise during PE lessons, it is not enough for them! I suggest schools should hold more sport competitions to arouse the interest of students. Schools can also invite parents or relatives of students to join the school-held sport competitions so that more people in the society can be attracted to do sports regularly.

Secondly, we should have a well-balanced diet. We should eat less junk food because it is not good for our health. We need to eat more fruit and vegetables because they give us vitamins and minerals. Furthermore, we should eat enough food from grain group because it gives us energy. If we do not have enough food from this group, we will feel tired. We should also eat enough meat but if we eat too much meat and junk food, we will become fat and have a big belly. In addition, we should drink enough water because it keeps us healthy. Drinking eight glasses of water every day can help us stay away from sickness.

All in all, getting plenty of exercise and having a nutritious diet are key factors for us to stay healthy. We enjoy life better when we have better health. Life can only be enjoyable if we can live healthily.

Miss Lo Hoi Yuen:

This is a good persuasive essay. The organization is logical and the ideas are presented clearly. The essay indicates how to have a healthy life to the children as well as the adults. Well done, Maggie.

Mr Eldred:

Some great ideas, Maggie. Good work.



2010-2011 6AP.M. Chou King Lim, Ken

Benefits of healthy living

Most people don't think about the state of their health until they are sick. They are too busy so that they do not have time to do exercise, maintain a nutritious eating habit or take enough rest. So, paying attention to your lifestyle choices and the way you feel can help you optimize your health.

If you want to have a healthy body, you should eat well. Good food choices can reduce the risk of illness. For breakfast, you can eat bread and milk because these food types contain vitamins and energy. For lunch and dinner, you can have more vegetables, grains, some eggs and some meat because they provide a lot of nutrients including minerals and vitamins. The smart food choices can ensure the good health.

Furthermore, you should do enough sports because doing sports can help you relax and strengthen your bodies resistance. It is a good idea for you to start doing exercise on a regular basis. It can reduce the risk of developing serious health problems.

Along with a good eating habit and regular sports, being emotionally healthy is also a must for our life. If you have too much pressure in learning or working, you can do exercise that you feel interested in to reduce stress. I recommend that you go hiking with your family to relax yourself. Through hiking, you not only exercise to strengthen your heart and lungs, but also energize yourself and lift your stress.

To conclude, a balanced living includes doing exercise, eating right and concerning our emotional health. Our life is only enjoyable and happy if you have a good health to back up.

Miss Lo Hoi Yuen:

This essay show good points of view. It includes a clear beginning, strong support, and a convincing conclusion. Keep up the good work, Ken.

Mr Eldred:

Ken you made some good, valid points. Well done.

2010-2011 6A P.M. Wong Po Wai, Candy

How to live a healthy life?

How can we have a healthy life? Many people in Hong Kong are always sick. They are weak too. Living a healthy life is the most important thing we can do for ourselves. Let me give you some suggestions.

We should have a healthy, balanced diet for life and avoid unhealthy diets. We should eat well according to the Food Pyramid. Grain food, vegetables, fruit and an adequate amount of meat are essential for our health. We should not eat too much junk food, for example, chocolates, candy and potato chips since they are unhealthy and they contain too much fat or oil.

Furthermore, regular exercise is important for staying healthy. Hong Kong people are busy and they can hardly spend time on doing exercise. They are passive in doing exercise because they have not realized the importance of having regular exercise. Doing exercise can help us control our weight. For those who are overweight, they will have the chance to have illness more easily than the average person. If you are physically strong, you are less likely to fall into illness.

Apart from the above, we need to keep ourselves mentally healthy. If you always keep a smile on your face, you will feel relaxed and happy. If you feel stressed, you can try to relax yourself by doing exercise or activities with your family or friends. Keeping a happy spirit can help us keep ourselves physically fit. However, smoking and drinking alcohol are not the good ways for us to relax. We should avoid them.

Although it seems to be very difficult for us to maintain a healthy living, we still need to try our best to achieve it. If we do not have a healthy body, we can do nothing. If you can do all of the above mentioned things, I think you will have a very healthy life.

Miss Lo Hoi Yuen:

This essay is presented with a clear, consistent stand from start to finish. It speaks in a convincing way. Good job, Candy.

Mr Eldred:

An excellent, detailed piece of work. Well done, Candy.

2010-2011 6BPM. Chan Tsz Hong, Kenny

A letter to the principal – How to Promote a Healthy Life at School

Dear Mr Kwong,

How to Promote a Healthy Life at School

How are you? I am a primary six student of our school. I would like to promote a healthy life at school. However, I have found that our school has the following problems. I would like to suggest some ways to solve these problems.

First, many schoolmates seldom do exercise. They only do exercise in PE lessons. They play computer games most of the time. They also have too much homework to do, so they have no time to do exercise. I think the school should arrange more PE lessons in the timetable per week. Our school can organize more sports competitions to arouse students' interest on doing exercise.

Second, my schoolmates eat too much junk food. There is not much healthy food to choose from the tuck shop. My schoolmates think the junk food is very tasty. I think our school can advise the tuck shop to sell more healthy food like fruits, juice, bread, salad, corns and etc..

Third, many schoolmates seldom eat fruit. They think fruit is not tasty and they like eating snacks. The school should encourage students to bring fruit to eat in the recess time. And the idea of having Fruit Day is also a fun way to promote healthy eating habits.

I hope the school would consider my suggestions and I am sure we will have a healthy life at school soon.

Yours faithfully,
Chan Tsz Hong 6B pm

Miss Ho Po Kee:

Good Effort, Kenny! Your suggestions are good and I hope we can establish some good routines so that everybody can live healthily.

Mr Eldred:

Some excellent vocabulary used, Kenny. Well done!

A letter to the Principal – How to Promote a Healthy Life at School

Dear Mr Kwong,

How to Promote a Healthy Life at School

How are you? I am a primary six student of our school. I would like to promote a healthy life at school. However, I have found that our school has the following problems and I would like to suggest some ways to solve these problems.

First schoolmates seldom do exercise. They only do exercise in PE lessons. Some of them are lazy and some of them play online games for most of the time. Some of them spend most of the time doing homework or going to tutorial classes. So they don't have time to do any exercise. I think the school should arrange more PE lessons or give less homework to students so that they will have more time to do exercise.

Besides, some schoolmates are not attentive in class because they are very tired. Some students spend more than four hours on doing their homework. They do their homework until midnight. Some students play online games until midnight because their parents have to work at night. I think the school should give a notice to parents and organize talks for them to teach their children how to allocate time and to build up some good habits.

Third many schoolmates go to school without lunch or breakfast. They don't eat breakfast or lunch because they sleep late and wake up late. I think the school can set up a corner for students to gather and have lunch before school so that the teachers can encourage students to have enough food every day. Also, the school can promote the importance of healthy eating in a more causal way as well.

If we can solve the problems above, I am sure that our school will become a healthy school.

Student,
Wong Ka Yuk 6B pm

Miss Ho Po Kee:

Cindy, I totally agree with you. I think the school can always work closely with parents to help students to promote a healthy life style. And it is always good to have peer influence rather than teaching students the importance of healthy habits through gathering sessions.

Mr Eldred:

A detailed and well structured piece of work. Well done!

2010-2011 6BP.M. Yu Wing Lam, Wing

Staying Healthy

It is more important to keep ourselves healthy than to just look good. Nowadays, many teenage girls only eat a little food because they want to look slim and look nice. But, I think we should take care of our health instead of just to look good. If we want to have a healthy body, we should have a balanced diet and build up a good eating habit.

For a balanced diet, we should eat more food in the five food groups because they can help us grow and give us energy. We shouldn't eat too much meat. Although it can give us energy, we will become fat if we eat too much of it. And it is always good to have a moderate amount of food from different food groups.

Besides, we should drink more juice or dairy products, such as orange juice, milk, and etc. They can give us nutrients and help us grow. We should drink fewer soft drinks because there is a lot of sugar in the soft drinks that cause overweight.

If we can get rid of our bad habits and build up a good eating habit, we will have a healthy body and we will look nice too.

Miss Ho Po Kee:

This is good piece of writing. Well done, Wing! The writing tells us the importance of having a balance diet. Let's strike for a healthy life.

Mr Eldred:

Great piece of work. Wing. Well done!



A letter to the Principal – How to Promote a Healthy Life at School

Dear Mr Kwong,

How to Promote a Healthy Life at School

How are you? I am a primary six student of our school. I would like to promote a healthy life at school. However, I have found that our school has the following problems and I would like to suggest some ways to solve these problems.

First schoolmates seldom do exercise. They only do exercise in PE lessons. Some of them are lazy and some of them play online games for most of the time. Some of them spend most of the time doing homework or going to tutorial classes. So they don't have time to do any exercise. I think the school should arrange more PE lessons or give less homework to students so that they will have more time to do exercise.

Besides, some schoolmates are not attentive in class because they are very tired. Some students spend more than four hours on doing their homework. They do their homework until midnight. Some students play online games until midnight because their parents have to work at night. I think the school should give a notice to parents and organize talks for them to teach their children how to allocate time and to build up some good habits.

Third many schoolmates go to school without lunch or breakfast. They don't eat breakfast or lunch because they sleep late and wake up late. I think the school can set up a corner for students to gather and have lunch before school so that the teachers can encourage students to have enough food every day. Also, the school can promote the importance of healthy eating in a more causal way as well.

If we can solve the problems above, I am sure that our school will become a healthy school.

Student,
Wong Ka Yuk 6B pm

Miss Ho Po Kee:

Cindy, I totally agree with you. I think the school can always work closely with parents to help students to promote a healthy life style. And it is always good to have peer influence rather than teaching students the importance of healthy habits through gathering sessions.

Mr Eldred:

A detailed and well structured piece of work. Well done!

2010-2011 5B P.M. Yung Vienna

Smoking is Harmful

Smoking is not good for our health, so we should not smoke. I think people like smoking because they think they look smart. Smoking causes many different kinds of cancer or heart attacks. I think smoking should be banned because if we smoke too much second hand smoke, we may have cancer too. If you smoke, your face will become yellow and have wrinkles. If my family members smoked, I would tell him to give up smoking so that we can save money. Do you have family members who like smoking? Please try to tell them to give up smoking and try to save our world!

Miss Yam Yin Yee:

Vienna is a healthy person and she really hates smoking. She discussed about the disadvantages of smoking. She also shared her view about how to encourage her family member to quit smoking. But it is better not to start smoking rather than quit this bad habit. If you want to stay healthy, remember not to start smoking.

Mr Eldred:

An informative piece of work. Well done!

