

2C Mo Wing Hei, Momo



My role model is Miles Davis. He was a famous jazz musician in America. My father is also his fan.

Miles was not the first musician to play jazz, but he was the first to play jazz in a very different way from anyone else who had played before him. I admire him very much. He stepped away from traditional jazz and put together a 'rock jazz' band. His great creation combined rock and jazz. Now, it is known as 'fusion'.

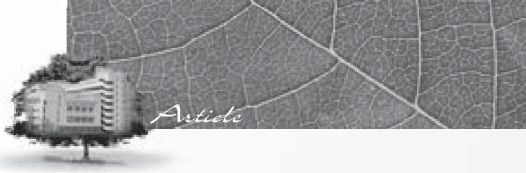
Unfortunately, he had a car accident, so he decided to retire from performing and he died after six years.

I first heard Miles Davis when I was three years old. As my father was a fan, he always played Miles Davis's albums at home. So I could listen to his songs at a young age. My father played his albums every day. As a result, I gradually liked his music and became a fan. Nowadays, he is still my favorite idol. I can also share with Dad our love of Miles Davis.

Although he is dead, his music is still popular around the world. I love Miles very much, and I'm a loyal fan. I will also introduce Miles to my friends and let them be intoxicated by his unique jazz with me.



2C Ng Yat Yin



2D Mandy Lui



Do you know what can live both on the land and in the water? Yes, the answer is frogs. In this world, there are many different kinds of frogs. Today, I want to introduce two kinds of frogs to you. They are 'spotted tree frogs' and 'green tree frogs'.

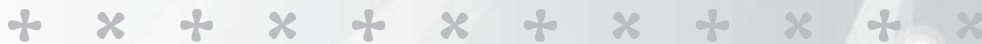
Young frogs are usually black and brown. They live in the water before they grow up. They have long tails which can help them to swim.

After the frogs grow up, they will jump onto the land and live there. However sometimes they still dive into the pool and swim to enjoy their life. And their tails disappear.

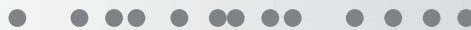
Both kinds of frogs like to catch insects to eat. Their back legs are for them to jump and swim.

Regarding their life cycle, they will lay eggs in the water and then they will go away.

This is what I would like to tell you about frogs.



2E Ng Man Huen



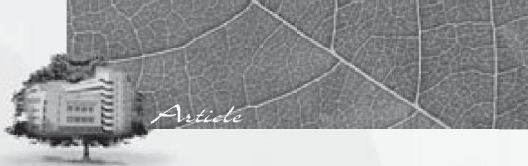
My role model is a nurse, Ms Siu. She is my mum.

She isn't scared to be a nurse. She thinks her job is meaningful.

She was born in Hong Kong. She likes to help people and take care of us. She is always kind to people. She is helpful, too.

One night, a woman got hurt. My mum helped the doctor save her. She was not scared at all. She called the police herself and the police caught the man who hurt the woman.

I am proud to say that Ms Siu is my mum and also my role model.



**Topic: Pimples, overweight, poor eyesight, do they sound familiar to you?**

'I have many pimples!'

'I am not slim enough.'

'I can't see clearly.'

Do you have these problems? If you say 'yes', I need to tell you the fact that they are very common among Hong Kong students. In this article, I will discuss these problems and introduce solutions to help you tackle them.

Why do students have these problems? Teenagers' faces release oil and when the oil mixes with dirt particles, the mixture stays on their faces, and it causes pimples. At the same time, teenagers like eating junk food, like potato chips and chocolate, which will result in obesity. Teens have another very bad habit. They like playing computer games all the time and then they have poor eyesight. So, what can they do?

First, teenagers should do exercise regularly. If teenagers spend more time on doing exercise instead of eating junk food and playing computer games, they can keep fit and their eyesight will be good. When teens avoid junk food, pimples are reduced. It is good to do more exercise because they can get a lot of advantages from it.

Second, teenagers should have good habits, e.g. observing personal hygiene and having a balanced diet. Many teens do not think personal hygiene is important. This is wrong. They should clean their faces thoroughly and this will reduce pimples on their faces. A balanced diet is important too. Teens should eat more vegetables and less meat and junk food. As a result, they will have better figures.

Third, teens should go to bed early. This is usually ignored by them. They play computer games all night and forget to go to bed early. Sleep can help clear "rubbish" from our bodies. If you lack sleep, the "rubbish" will stay inside your body and will cause more and more pimples! Apart from that, your eyes will get very tired and poor eyesight will develop. Remember: go to bed early!

To conclude, the three problems, having many pimples, being overweight and having poor eyesight are easy to solve. The most important tip is doing exercise regularly. If you follow my tips, I am sure you will be healthy teens.





3A Law Yuen Chi, Melody



In this article, I am going to describe three common problems among Hong Kong students and introduce three tips for solving the problems.

Nowadays, teenagers have many health problems, such as pimples, overweight and poor eyesight. The reasons for these problems are that teenagers do not get enough rest and they eat too much junk food. As they lack sleep, they will have poor eyesight. Also, they eat too much junk food like fried food, so acne develops and they are overweight.

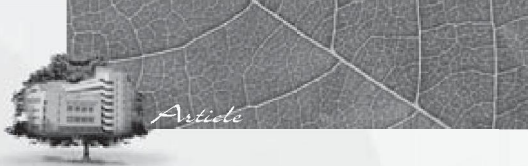
Here, I have three tips for solving the problems. The first suggestion is that teenagers should get enough rest, so that they will not have poor eyesight.

And the second tip is that teenagers should not eat too much junk food. They should have nutritious meals. This is important for teens to grow up strong. At the same time, they will not have many pimples.

The third tip is that teenagers have to do exercise for 30 minutes every day, because it can make them healthier and help them keep fit. Doing exercise is the best way for teenagers to stay strong and have good looks.

To sum up, there are three main problems among teenagers: having many pimples, being overweight and having poor eyesight. The tips for them are to get enough sleep, eat nutritious meals and do exercise every day. These are the suggestions that can help them be smart and healthy.





3B Chu Wai Lam, William



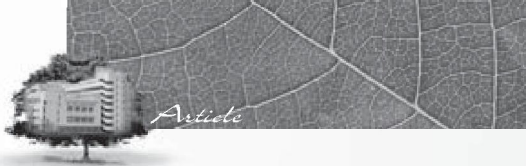
We have recently done a survey and found out three big problems among the students.

First, some students are concerned about having too many pimples or freckles on their faces. Why are there so many pimples or freckles? This is because some students do not get enough rest at night and don't clean their faces properly every day. So, if students want to solve this problem, they have to clean their faces properly every day and get enough rest. They should also pay attention to the food they have.

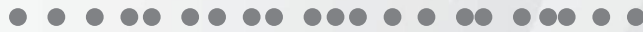
The second problem is being overweight. I think nowadays children are lucky as they don't have to worry about having no food to eat. On the contrary, children at our times get too much food. As a result, they get fatter and fatter. It's easy to solve this problem. That is to exercise every day and eat less food. Without doubt, they should take in healthy food like rice, vegetables or fruits, instead of snacks.

The third problem is that some students, especially boys, are unhappy because they are not muscular enough. I guess this is because students like playing computers indoor more than doing exercise outdoor. A decade ago, children did not have any computer to play, so they played many outdoor games, like football or basketball. But nowadays, students prefer playing at the computer at home. So, if you want yourself to be stronger, stop your computer games now! Since this moment, promise yourself not to play computer games anymore. Go outside to play and you will find many interesting things that you have never seen. The second is to get healthier food. Snacks cannot provide enough nutrition for your body, especially when you want to become more muscular.

I hope students can lead a happy and healthy life today and the above problems will stay away from you.



3B Wong Lok Yiu, Yoyo

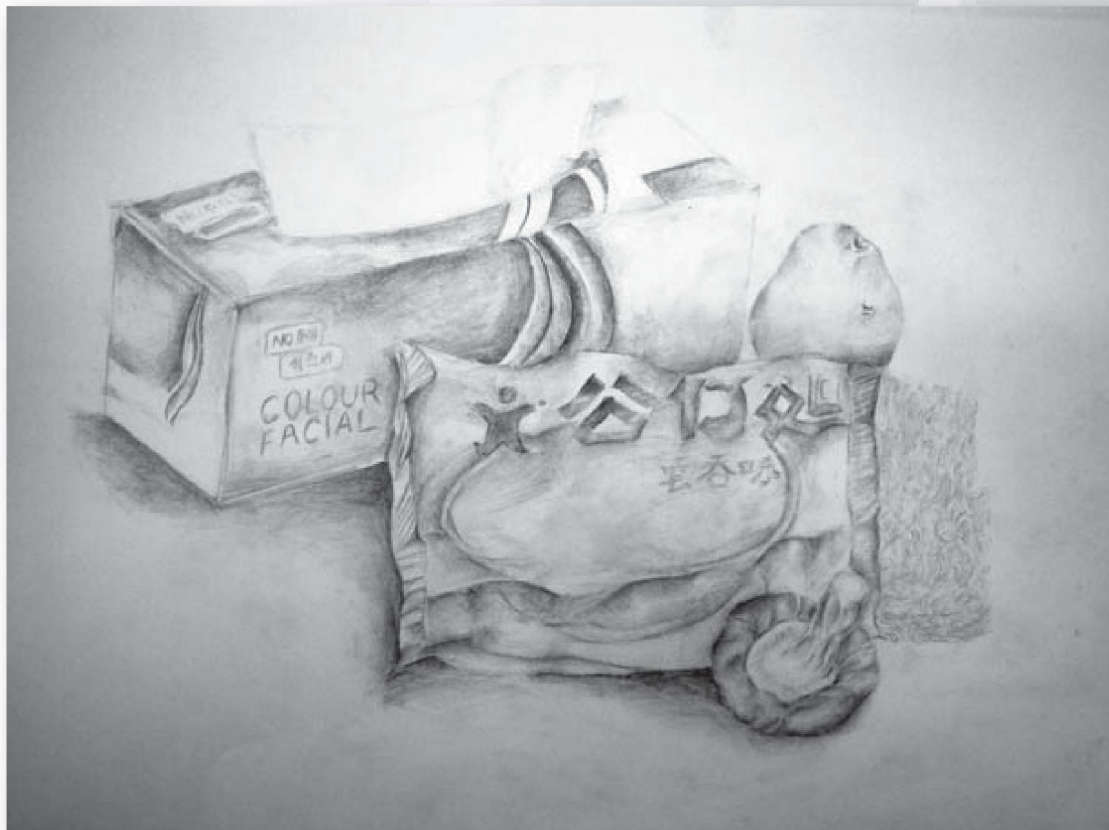


This piece of news told me that many students like to study science in Hong Kong. Furthermore, they are extremely curious about doing science experiments. But the students in this case were acting in a bad way. In Hong Kong, the law does not allow Hong Kong citizens to have any illegal explosive. So if anybody possesses any illegal explosive, they are committing an offence.

In the world of Internet, there are many things for us to learn. For example, we can do our homework with our computer or we can collect information online to do our projects. However, there are also bad and horrible things which we should not see. We need to behave ourselves. We should not visit the indecent and unsuitable websites. If we really want to see such things, we should think about our virtue, the harm and the consequences.

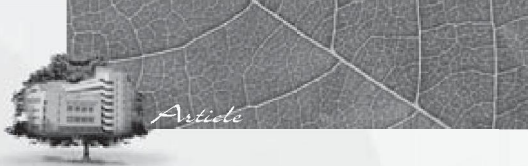
These secondary students are too childish. They did not think about the consequences of their behaviour. So finally one of them hurt himself.

So I need to tell all the people that you have to think twice before you act.



4B Chan Chui Nga





Most of the teenagers have some physical health problems. The majority of them live unhealthily. Many of them are obese and some of them also have pimples on their faces. In this article, I will describe the physical health problems among Hong Kong teenagers and introduce some tips on how to stay healthy.

Many Hong Kong teenagers are obese. I think the main reason for this problem is that they eat too much junk food. Junk food like potato chips and French fries contains a lot of oil and fats. They always eat fast food because it's convenient, but it also contains lots of calories. Apart from having too much junk food, lack of exercise is another serious problem among the teens. They spend most of their time on playing computer games so they rarely exercise. If they are obese and having an unhealthy lifestyle, they will feel stressed at work. Moreover, in the long-term, it may also cause heart disease, high blood pressure or even death!

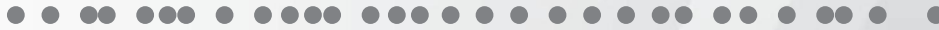
Another physical health problem among the teens is that many of them have pimples or acnes on their face. It is because many of them love to eat fried and oily food but they don't clean their face properly. Having pimples will make teenagers feel sad, depressed and they will have low self-esteem.

How can we live healthily? Here are some tips for a healthy life. My first tip is that teenagers should have a balanced diet, eat more vegetables and fruits. They should also avoid having too much junk food, high calorie snacks and fried foods. But it's also important for us to exercise regularly if we want to live healthily. There are many kinds of exercise for us to choose, such as aerobics, yoga and jogging. If we can exercise regularly, we will be healthier.

Another tip for avoiding pimples is to eat less fried and oily food. You should have a balanced diet, eat more fruits and clean your face properly. If you can follow my tips, you'll find that it's easy to be healthy! Remember that it's essential to be healthy.

To conclude, Hong Kong teenagers have some physical health problems like obesity and having pimples on their face because of their unhealthy lifestyle. I think they should have a balanced diet and avoid having too much junk food. But I think the most important thing is to exercise regularly. It is fun to exercise and we can be healthy and fit if we keep it up!





Hong Kong teenagers have some physical health problems. Most of them are obese and they have pimples on their face.

In the article, I will describe the physical health problems among Hong Kong teenagers and introduce tips for a healthy lifestyle.

Hong Kong teenagers are obese because they eat a lot of junk food, such as potato chips and fast food. Also, they drink soft drink every day. Besides, Hong Kong teenagers seldom do exercise. If they are obese, they may get sick easily. Obesity can cause heart disease, high blood pressure and strokes.

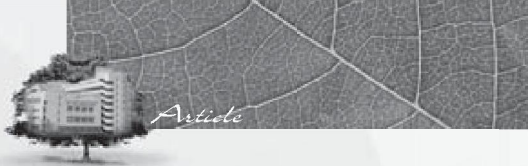
Also, some teenagers have pimples because they eat a lot of fried food, and they don't clean their face properly every day. If they have pimples, they will feel sad. They won't go out with friends because they are afraid that their friends will tease at them.

Here are some suggestions for a healthy lifestyle. First, I suggest that teenagers should eat more nutritious meals, such as vegetables and fruits. They shouldn't eat too much fast food. When they cook, they must use very little plant oils from nuts.

Another tip is that teenagers must make a plan to exercise every day, because physical activities are essential for a fit and healthy body.

Finally, teenagers must clean their face every day, so that they will have fewer pimples.

In this article, I discuss the reasons why Hong Kong teenagers have some physical health problems, like most of them are obese and they have pimples on their face. I suggest that the teenagers should eat more nutritious meals, make a plan to exercise, and clean their faces every day. I think the most important tip is that teenagers should make a plan to exercise, because they like to stay at home to play computers games, so I think this is the most important. So, I hope teenagers will have a healthy lifestyle.



Nowadays, Hong Kong teenagers have some physical health problems. Most of them are obese and they have pimples on their faces. In this article, I will describe the physical health problems among Hong Kong teenagers and introduce tips for a healthy life.

Hong Kong teenagers are obese because they always eat junk food, like fast food, potato chips and fried food. Besides, when they finish their meals, they will drink soft drinks. Worse still, they don't do exercise. As a result, some of them become fat. If they are obese, they may have heart disease and high blood pressure. Another problem is that some teenagers have pimples. They always eat fried food and they don't clean their faces. If they have these problems, they will feel sad and have low self-esteem.

My first suggestion is that Hong Kong teenagers shouldn't eat high-calorie food, because it will make them fat if they can't use up the excessive calories.

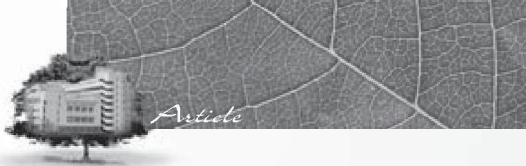
My second suggestion is that they should eat healthy food. They should eat some healthy snacks, such as fruits and nuts. If they eat more fresh food, they will become healthy.

My third suggestion is that they should do exercise every day. Exercise can help them strengthen their muscles and keep their body healthy.

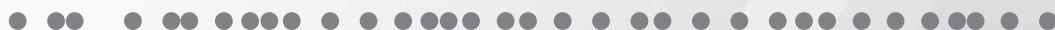
My fourth suggestion is that they shouldn't eat fried food, because fried food is oily and is bad for their skin. If they eat too much fried food, they will have many pimples.

In conclusion, Hong Kong teenagers should eat healthy food and do exercise every day in order to have a healthy life.





3C Lau Lei Ling, Lilia



Hong Kong teenagers have some physical health problems. Most of them are obese and they have pimples on their face. In this article, I will describe the physical health problems among Hong Kong teenagers and introduce tips for a healthy life.

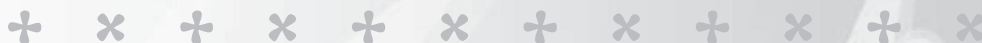
Hong Kong teenagers are obese because most of them usually have lunch at fast food shops. Also, they like eating junk food, but junk food is so unhealthy that it will lead to obesity. Moreover, they always sleep but don't do any exercise. So, they will get fat.

Moreover, Hong Kong teenagers always play online games which make them stay up late. They don't have enough sleep, then their skin becomes bad. So they'll have pimples on their face.

All of them need to do more exercise in order to have a healthy body. The most important solution is that they must have a balanced diet. Otherwise, they'll become fat or obese.

Furthermore, they should have a healthy life style. For example, they should get up early and protect their skin carefully. Besides, they should protect their eyes by spending less time on the computer.

To conclude, we can get a healthy life as we do more exercise and have a balanced diet. Do you want to be healthy?



3D Lucy Lu



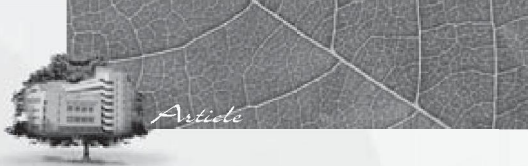
Some students think they have some problems with their weight. Some are worried about their school work while others lack confidence. In this article, I would give some advice to these teenagers.

Some teenagers may think they are too fat. I think they should do plenty of exercise to consume more calories. Swimming and playing basketball are great choices.

Second, most of the teenagers may have problems in their studies. For example, they get poor school results. Sometimes they do not understand what their teachers said during the lessons. In fact, they can seek help from their teachers or classmates. I think it is a good way to solve this problem. They can stay after school and ask their teachers. Then they can catch up with their studies. If teenagers have problems concentrating, they can add more zinc to their diet. Zinc is found in whole-grain foods and seafood.

Some local teenagers lack confidence. They are afraid of speaking in front of a large group of people. I suggest that they join some extra-curricular activities. They can learn how to solve problems and communicate with others. This may be a way to build up their confidence.





Teenagers have many problems such as anorexia, lack of confidence and having poor academic results. So, the possible solutions will be discussed in this article.

Some teenagers are very thin. They think that being thin is beautiful. They did not have breakfast because they want to keep fit. However, if you are too thin, you may have anorexia. If you want to keep fit, you can eat more leafy green vegetables, whole grain foods, fresh fruits, and lean meat. Also, you can keep doing exercises or sports to keep fit.

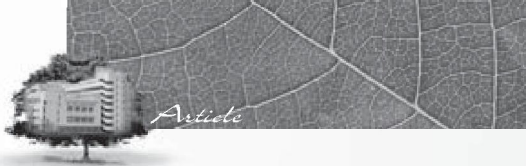
Another problem is that teenagers may often find it difficult to make friends. Are you lack of confidence to talk to others? You should chat with your classmates or try to join some extracurricular activities to make more friends.

Apart from the lack of confidence, some teenagers perform poorly in school work. If you have problems having better academic performance, you should find a private tutor to help you with your studies. For example, you should do more revision exercises and preparation work after school every day. You should prepare well for your tests and examinations by setting a timetable for revision. If you try doing these, your school results will be improved.

Another problem is that teenagers may often find it difficult to make friends. Are you lack of confidence to talk to others? You should chat with your classmates or try to join some extracurricular activities to make more friends.

Apart from the lack of confidence, some teenagers perform poorly in school work. If you have problems having better academic performance, you should find a private tutor to help you with your studies. Moreover, you should do more revision exercises and preparation work after school every day. You should prepare well for your tests and examinations by setting a timetable for revision. If you try doing these, your school results will be improved.

Try these methods and suggestions. You will become healthier and happier.



Recent reports show that more and more people in Hong Kong are overweight and unfit than ever before. It's high time for the public to pay attention on the health problem. In order to solve the problem, we have to find out the reasons why the youngsters are getting fat.

The first reason is that they have an unbalanced diet. Generally speaking, we have to eat according to the food pyramid to make sure that we have enough nutrition intake. However, the eating style of the youngsters seems turning the pyramid upside down. They are used to eating oily food, such as fast food at McDonald's, and they like to drink drinks with high sugar content. The oil and sugar once be taken into the body, they will be transformed to calories and stored as fat in the human body.

On top of that, the unhealthy lifestyles of the youngsters also contribute to the 'unfit' problem. First, quite a number of teenagers do not get enough sleep at night. They are indulged in online games, MSN, as well as snacks which keep them awake for the night activities. No wonder more and more youngsters become overweight!

Another contributing factor is the lack of exercise. The teenagers today are too lazy to do exercise. They spend most of their time on online games. For the most 'active' ones, they may love to play the electronic sports games such as 'wii'. How could these games be regarded as 'real' sports? Hence, there is no way for burning the youngsters' excessive calories.

Frankly speaking, having a balanced diet and doing regular exercise are the most effective ways of leading a healthy lifestyle. I have some suggestions for the youngsters. There are three things that they have to bear in mind. First, not only do they need to eat a balanced diet, with more vegetables and fruits and less meat, but they also have to develop a healthy eating habit. For instance, they should eat at regular dining time and cook food with less oil and salt. They should drink drinks with low sugar content. That helps to reduce the appetite and the direct absorption of oil and sugar. Also, they should eat healthy snacks like fruits and nuts instead of potato chips and soft drinks.

Enough exercise and regular time for work and sleep are of utmost importance if one wants to lead a healthy life. Youngsters are suggested to do at least 30-minute exercise three times a week and sleep for at least 7 hours every night. Don't think that sleeping is not important. During the time of sleeping, the body is regulating itself. Believe it or not, our body has the ability to recover and regulate its condition. The regulation is done at our sleeping time.

It's never too late to start! But don't be desperate. Some youngsters go to the extreme and try intense exercise and tailored-made diet offered by slimming programmes, suffering undesirable effects which jeopardize their health and life. As I have suggested before, balanced diets and regular exercise are in fact the recipes for being healthy. Only through persistent practice can you become successful. If you eat healthily and do exercises regularly, I'm sure youngsters like us will become fit and healthy.