

Si Yuan School of the Precious Blood
1st Term Unit 4 Be a Smart Eater
Good Writing

5C Lin Tsz Huen (18)

28th February, 2023

Dear Lu Hao,

Thank you for your letter. You eat too much food from the grain group. Fried chicken legs and the potato chips are too oily. Ice cream and coke contain a lot of sugar. You need to eat more vegetables and less rice. Eat steamed chicken legs instead of fried chicken legs.

The potato chips are too oily. Ice cream and coke contain a lot of sugar. You should drink more water. You can also drink soup, lemon water, milk and fresh juice.

You should start doing exercise by doing something easy. For example, walking around at home. Shorten the time of watching TV and playing computer games can also help you to lose weight.

I am looking forward to the day when you reach your goal.

Yours sincerely,

Dr Chan

Comments:

You have covered most of the problems of Lu Hao and given him suggestions. Good job!

Content: 7/8

Language: 4/5

Organisation: 2/2

Total: 13/15

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5C Chloe Wong (26)

28th February, 2023

Dear Lu Hao,

Thank you for your letter. Here are my suggestions. You eat too many ice creams and potato chips. You should eat fewer snacks. You eat too much food from the grain group. You need to eat more vegetable but less rice. You eat too much oily food, like fried chicken legs and potato chips. You can eat steamed chicken legs instead.

For the drinks, you drink too much coke. It contains a lot of sugar. You can't drink too much coke. Drink more water or other liquid like soup, lemon water, milk and fresh juice.

You should start doing exercise by something easy. For example, walking around at home. Shorten the time of watching TV and playing computer games can also help you.

These are all my suggestions. Stay healthy and try to take all my suggestions. I am really looking forward to your reply letter.

Yours sincerely,

Dr Chan

Comments:

Marvellous! You've covered all the problems of Lu Hao and given relevant suggestions. Your letter has a nice opening and a good summary at the end! Great!

Content: 8/8

Language: 4/5

Organisation: 2/2

Toal: 14/15

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5C Wong Wai Sum (27)

28th February, 2023

Dear Lu Hao,

Thank you for your letter. First, you should eat less rice and potato chips. The fried chicken legs are too oily, you should eat steamed chicken legs instead of fried chicken legs. You can eat more fish.

Next, ice creams and coke contain a lot of sugar, so you should eat fewer ice cream and drink less coke. If you hate drinking water, you can drink soup, lemon water and fresh juice.

You don't like doing exercise, so you can start doing exercise by something easy. You should also play less computer games and shorten the time of watching TV.

I am looking forward to you to lose weight.

Yours sincerely,

Dr Chan

Comments:

Great! You've covered all the problems of Lu Hao and given him suggestions! You also wrote a nice ending but please put it in a new paragraph!

Content: 8/8

Language: 4/5

Organisation: 1/2

Toal: 13/15

1st Term Writing Unit 4 Be A Smart Eater
By Kayden Kung 5D (11)

2nd March, 2023

Dear Lu Hao,

Thank you for writing me a letter about how to stay healthy. I am going to give you some advice.

First, you eat too much rice and meat. Rice contains much sugar. It will make you fatter and fatter. Instead, you should eat more vegetables.

Second, you eat too many snacks and drink too much soft drink. Snacks contain so much oil. Therefore, you can eat biscuits rather than snacks. Also, you should drink more water.

Last, but not the least important, you should do more exercise such as running, swimming, football and rope skipping. It will be much better than watching TV and playing computer games at home.

That's all my advice. Hope you can become healthier. I am looking forward to your good news.

Yours sincerely,
Dr Chan

