

1st term Unit 4 Be a Smart Eater

Dear Lu Hao,

Thank you for your letter. I am sorry to hear that you are over 100 kg at the young age of 12. However, that's not what a short time can fix it. Here are some of your problems and my suggestions.

First of all, you eat too much rice. You should definitely try eating less rice. I can also see that you don't eat enough vegetables. You are eating too much fried chicken legs as well. Instead of eating so much deep-fried food, why don't you try replacing them with vegetables? They can both fill you up, but vegetables are much healthier for you. You can absolutely eat deep-fried food once in a while, just don't eat them too often, since they are made from oil and salt after all.

Second of all, there are problems with your snacks and drinks. You see, you eat far too many snacks like ice cream and potato chips. You don't drink enough water and it seems you drink many soft drinks instead. These are really unhealthy habits for you. You need to eat fewer snacks, why don't you try eating more healthier snacks like apples and bananas? I also recommend that you should drink more beverages with less sugar. My recommendation is water.

Lastly, take a look at your daily habits. It seems you don't do enough exercise. It is probably because you spend most of your time staying at home watching TV and playing video games. You need to do more exercise like going to the park for running or jogging. Why don't you try spending the time doing exercise instead of playing video games and watching TV? Also, try not to be a 'couch potato'.

No pain, no gain! I hope that you can achieve your goal of staying in bad habits. I hope that you can achieve your goal of staying healthy and keeping fit. I hope to hear the good news from you soon. Let's start staying healthy and fit now!

Your sincerely,

Dr Chan

1st term Unit 4 Be a Smart Eater

Dear Lu Hao,

Thank you for letting me know that you want to maintain a good eating habit, so I would like to give you some advice about how to eat healthily.

First, you eat too many bowls of rice each meal. It's way too much for only one portion of a day. How about eating only 12 bowls of rice instead of 5? Rice is good for you but it doesn't mean that you can eat that much. We should always eat veggies and fruit because they contain vitamins and minerals that our body needs. Also, you eat too many greasy chicken wings, they are fried with oil and some other unhealthy stuff. If you consume too many of them, it may make you fat and overweight. Don't eat it every day, maybe once or twice a week.

Try to quit snacks I know it is hard but you have to do so. You eat too much ice cream and too many potato chips, mate. They are definitely unhealthy because they are mainly spread with sugar, oil, salt and monosodium glutamate(MSG). You will have a chance to have hypertension. Avoid drinking a huge amount of Coke. It contains 9 whole cubes of sugar and 34 mg of caffeine! If you drink coke non-stop, cavities and diabetes are going to haunt you. Try and replace Coke with water instead. It's way healthier. Drinking 6-8 cups of water is alright.

Stop being a couch potato and stop watching TV and playing computer games. Do more physical exercise. Outdoor activities are also essential to our health. Try to design a timetable for doing exercise.

In conclusion, you should eat smart, not hard. I hope that the points above can help you develop a better eating habit from now on. As always, take care.

Yours sincerely,

Dr Chan

1st term Unit 4 Be a Smart Eater

Dear Lu Hao,

Thank you for sending me your letter. I've noticed some bad habits in your daily routine. I hope you can get rid of those habits after you read my letter.

First of all, there is a major problem with the food choices in your meals. You eat too many portions of rice each meal. Rice contains a lot of carbohydrates which makes us gain energy. However, too much rice can make us gain loads of weight. You should stick to only eating one to two bowls of grains per meal. Also, you mustn't eat too many greasy chicken legs but not balance them with vegetables. Why don't you try a 3:3;1 ratio when eating next time?

Secondly, it is bad for your health to eat too many snacks such as ice cream and potato chips. Ice cream is made from milk, fat and tons of sugar; whilst potato chips contain a lot of salt. If you find it hard to quit eating salty and sugary snacks, I suggest that you try some snacks that are made from natural ingredients. They taste similar but are so much healthier. Also, to wash all the snacks, you have to drink an appropriate amount of water. You need to drink at least six to eight cups of water every day to stay hydrated. You can drink Coke but not too much.

Last but not least, a healthy lifestyle is incomplete without exercise. Why don't you try some lighter exercise first? For example, cycling, skipping and jogging. Even doing housework can help! Turn off your TV and do at least one hour of exercise every day. I promise you will feel and look better after doing the exercise. No pain, no gain! I strongly believe that you can achieve your goal of being fit very soon if you follow my tips. Even if it might be a difficult process, I hope you can keep on practicing. Let's get rid of the bad habits and restart our lives from now on! I look forward to hearing good news from you.

Yours sincerely,

Dr Chan

P.5 (B) Name: Ho Tsz Yee, Noami (10) Unit 4 Writing task

You are Dr Chan. Write a letter in about 100 words to Lu Hao. Teach him to stay healthy.

15th December, 2023

Dear Lu Hao,

Thank you for your letter. I'm glad that you want to stay healthy and lose weight. If you want to be a smart eater and maintain a fit body, please follow my advice and take action now.

First, I suggest you should eat less rice and fewer fried chicken legs. Instead, you need to eat more vegetables and food with less sugar, oil and salt.

Second, it seems like you don't have a balanced diet. You keep eating snacks that are not healthy for you. If you want to stay fit and strong, you need to have a balanced diet. To have a balanced diet, you need to drink more water and fewer soft drinks.

Thirdly, it appears that you don't do exercise. I suggest that you should do more exercise like jogging or swimming.

Lastly, I hope that you can achieve your goal. Let's start embracing a balanced diet now. Remember, no pain, no gain.

Great


Your sincerely,

Dr Chan

Name: Akiko (9)

Class: P.5 (C)

You are Dr Chan. Write a letter in about 100 words to Lu Hao. Teach him how to stay healthy.

1st December, 2023

Dear Lu Hao,

Thank you for your letter. I am happy to know that you want to lose
weight and stay healthy.

To stay healthy and fit, a balanced diet is the most important. You should
not eat 5 bowls of rice in each meal because it makes you overweight. I know that you
like chicken legs but they are too greasy. We should eat grains, vegetables and meat in a 3:2:1
ratio.

You should eat less ice cream and choose snacks with less oil, sugar and salt. Ice
cream is made from milk, fat and lot of sugar. Potato chips contain too much oil and salt while
coke is too sweet as well. They are all bad for your health and they can make you sick. You
should eat healthy snacks which are made from natural ingredients and drink more water instead.

Why don't you try doing exercise? Don't be a couch potato. You should go outdoors and do some

sports every day.

I hope you can eat smart and stay fit. I am looking forward to your good news.

Yours sincerely,

Dr Chan

Name: Charlotte (24)

Class: P.5 (C)

You are Dr Chan. Write a letter in about 100 words to Lu Hao. Teach him how to stay healthy.

1st December, 2023

Dear Lu Hao,

Thank you for your letter. I am happy to know that you want to lose weight and stay healthy.

To stay healthy and fit, a balanced diet is most important. You should not eat 5 bowls of rice in each meal because it makes you overweight. I know that you like chicken legs but they are too greasy. We should eat grains, vegetables and meat in 3:2:1 ratio.

You should eat fewer snacks and choose snacks with less sugar and fat. Ice cream is made from milk, fat and a lot of sugar. Potato chips contain too much oil.

and salt while coke is too sweet as well. They are all bad for your health and they can make you fat. You should eat healthy snacks which are made from natural ingredients and drink more water instead.

I suggest that you should do more exercise but not just watching TV and playing computer games at home. You need to go outdoors and do some sport every day. Doing regular exercise is important and remember don't be a couch potato, too.

I hope you can eat smart and stay fit. I am looking forward to your good news.

Your sincerely,
Dr Chan

Name: Chen Ho Yeung, Samuel (6)

Class: P.5 (C)

You are Dr Chan. Write a letter in about 100 words to Lu Hao. Teach him how to stay healthy.

1st December, 2023

Dear Lu Hao,

Thank you for your letter. I am happy to know that

you want to lose weight and stay healthy.

To stay healthy and fit, a balanced diet is the most important. You should not eat 5 bowls of rice in each meal because it makes you overweight. I know that you like eating chicken legs but they are too greasy. We should eat grains, vegetables and eat meat in 3:2:1 ratio.

You should eat fewer snacks and choose snacks by the food labels. Ice cream is made from milk, sugar and food colouring. Potato chips contain salt and oil. While the soft drinks are

too sweet as well. They are all bad for your health and they make you overweight. You should eat fewer snacks which are made from oil, sugar or salt and drink more water instead.

Doing regular exercise is important. Physical exercise is also essential to a healthy body. Don't be a couch potato. You should go to the park and do some exercise every day. You may start with lighter activities such as playing ball games and jogging. They are definitely good for you. I'm sure you will enjoy doing them. Most importantly, they can help you reduce your weight.

I hope you can eat smart and stay fit. I am looking forward to your good news.

Yours, sincerely

Dr Chan

Writing

P.5 (D)

Name: Shin Sze Ching, Dorothy (20)Date: 5th December, 2023

^{I am}
 You are Dr Chan. Write a letter in about 100 words to Lu Hao. Teach him how to stay healthy.

3rd December, 2023Dear Lu Hao,Thank you for your letter. I am joyful to know that youwant to stay fit and lose weight. Let me give you someadvice to solve the problem.

To stay healthy and fit, a balance diet is the most important.

You should not eat too much rice in each meal because it will make

you fat and overweight. I know that you like fried chicken legs.

However, they are too oily. You should eat more vegetables since they contain

vitamins and minerals from these food group. You should eat in 3=2=1 ratio,

You need to eat fewer snacks. Ice-cream is made from milk

and a lot of ~~sugar~~. Potato chips contain too much salt and fat while coke is

bad for our health ~~as well~~. They can make us ^{even fatter} ~~fat~~. You can consume

good!

snacks which are made from natural ingredients like crackers and raisins

Moreover, you can ^{of water} ~~and~~ drink six to eight cups ~~instead~~.

Doing regular exercise is ^{essential} ~~important~~. I suggest that you

should go jogging and stretching every day.

I hope you can eat smart and stay healthy. I really look forward to your good news.

Yours sincerely,

(P)

Dr Chan

(Wong Sum Yuet)

P.5 (D)

Name: Livia

(21)

Date: 5th December

You are Dr Chan. Write a letter in about 100 words to Lu Hao. Teach him how to stay healthy.

13th December, 2023Dear Lu Hao,Thank you for writing ^{the} a letter about your problems. I am very^(A)
honoured that you ^{want} wanted to keep fit and stay healthy. ^{Let me} I will

give you some suggestions to change your life.

^{TS}
About your eating habits, ^{your food choices} mostly are greasy and ^{mostly}unhealthy. It is [✓] not good to eat too much greasy or ^{just as} ice cream and ^{fries} chicken legs.^{food} unhealthy ^(Sp.) foods. I suggest you should eat more vegetableslike ^{lettuce} lettuce, cucumbers and ^{They} carrots. They are healthy and theyhave a lot of vitamins and minerals, and ^{most importantly,} you could avoid^{good!} having constipation. Eating rice is a good thing, ^{however,} it is

bad to eat too much. You should eat a bowl of rice only ^{in each meal} ~~only~~.
(p)

^{In} too much rice can lead to overweight and fat.
(p)

Drinking too much sugary drinks like soft drinks are very bad for your health. ^{You} you might get a heart diseases kidney diseases, cavities and a lot more.
(p)(p)

^{TS} I suggest that you should do some outdoor exercise like jogging or ball games. Watching TV and computer games ^{playing} playing ^{demotivated to work out} are bad for your eyes, and they will make you stay away from exercise.
(p)

After reading this letter, I hope you can achieve your goal and keep fit.

Yours sincerely,
Dr. Chan

Writing

P.5 (D)

Name: Lam Fai Yam (12)Date: 5th December, 2023

You are Dr Chan. Write a letter in about 100 words to Lu Hao. Teach him how to stay healthy.

3rd December, 2023Dear Lu Hao,

Thank you for your letter. I am pleased to know that

you want to lose weight and stay healthy. If you

want to be a smart eater, please follow my advice and

take action starting today.

To stay healthy, you should eat more healthy food since

^{eating} you eat too much oily and greasy food. ^{will make you fat} You also need

to eat less rice and eat more vegetables. They are good

for you. You should eat more healthy snacks. You need

to look ^{at} the labels ^{to choose} too feed was it healthy. Ice cream ^{snacks}

is made from milk fat and a lot of sugar. Potato

chips contain too much oil and salt. You should not

eat too much. You must do more exercise and outdoor

activities like jogging. You must drink plenty of water and

drink less soft drinks instead. If you cannot jog, why

not try swimming, playing ball games or jumping rope?

Remember, when you are doing exercise, you should
drink more water!

closing
sentences

I hope you can eat smart and be healthy.....

sincerely
Yours sincerely,
Dr Chan