

Writing 1

4D Fan Yi Ching, Angela (8)

Parent-child Sports Day

Date: 26th September, 2025

Time: 8:30 a.m. – 1:00 p.m.

Venue: Sham Shui Po Sports Ground

Musical Chair

You can run with the music. Players sit on chairs when the music stops.

Long jump

You can jump as far as you can.

Egg and spoon race

You can jog with an egg and a spoon.

Remarks:

Wear P.E. uniform.

Bring a water bottle and bring a few snacks.

Remember to have breakfast.

About myself

My name is Nancy. I am in Class 4D. I am tall and thin. I have big eyes and I wear glasses. I have an oval face. My hair is long and straight. I like wearing bell-bottom pants.

In my spare time, I enjoy doing different activities. I always play basketball with my brother on Sundays. I like going cycling too. I often go cycling with my aunt and uncle on Saturdays. I often draw pictures at home.

My favourite subject is Visual Arts. I join the school art workshop group on Tuesdays. I like dramas too. I enjoy playing drama games with my classmates. My favourite teacher is Miss Tam. She teaches me Chinese and General Studies. She always encourages me.

I like pop music shows best because I like singing along with my favourite pop stars.

I am happy with who I am. I hope you enjoy learning about me!

A shopping experience

Last Saturday morning, Amy and Mum went to a big supermarket. Amy saw a lot of food and snacks. Amy said, 'Mum, what do you want to buy?' Mum said, 'We need food for tonight's dinner and we need some milk.' Amy said, 'Ok, Mum. Let me help you!'

Then, Amy saw her favourite potato chips. Amy said, 'Mummy, can we buy a packet of chips?' Mum looked at the potato chips and said, 'No! Potato chips are too unhealthy!' Then, Mum walked away. Amy was so disappointed.

When Mum walked away, Amy looked at her bag and she found ten dollars in her purse. She quietly took the potato chips and paid for it at the cashier.

When they arrived home, Mum saw the potato chips. She and said, 'Amy, did you steal the potato chips?' Amy said, 'No! I bought it.' Mum was angry and she took away the potato chips. Amy was sad.

Visiting Grandpa

Every Sunday, Derek and his family visited Grandpa at an old people's home. Grandpa was old and weak, he couldn't take care of himself. Derek felt bored. He was unhappy.

One Sunday, Derek said to his parents, 'I don't want to visit Grandpa today. I want to ride a bicycle.' His parents said, 'What? You don't want to visit Grandpa?' They felt disappointed.

Then, Derek's mum took out a photo album and showed Derek some photo. She said, 'When you were little, you couldn't tie your shoelaces or get dressed by yourself. Grandpa helped you a lot.' Derek felt bad after looking at the photos.

At the end, Derek went to old people's home with his parents and visited Grandpa again. Derek chatted and played chess with Grandpa. They were both happy. Derek learnt a lesson that he should love his family.

My Friend's Bad Habit

My friend Christina is a little fat because she has some bad eating habits. She often eats a lot of oily food like French fries and fried chicken, but she only eats a few fresh vegetables.

I have some useful advice for her to keep healthy. She should eat more healthy vegetables such as tomatoes and broccoli. At the same time, she should eat fewer French fries and less oily food.

Vegetables are good for her body and can keep her strong and healthy. Too much oily food will make her fat, so she should not eat too much of it. She should also drink enough water to keep her body working well.

Besides eating healthy food, she also needs enough sleep and I hope Christina can change her habits and become healthier soon. She will feel more energetic and stronger if she can keep these good habits. A healthy lifestyle can bring a better life.

Frank's Toothache

Frank loved eating sugary food and fried food such as cookies and fries. One evening, he was sick. He had a sharp pain. He cried, "My tooth hurts, I cannot eat anything." Mum said, "Let me check." Frank felt sore.

Then, Mum and Frank went to the dentist. The dentist checked his tooth and said, "You have a bad tooth, I need to pull your tooth out." Frank was scared. The dentist fixed the problem and the pain went away.

After that, the dentist showed Frank a poster. The dentist said, "You have a toothache because you eat too much sugary food such as cookies." "You ought to eat less chocolate." You also need to brush your teeth twice a day.

A few days later, Frank felt better. He learnt a lesson that he needed to brush his teeth. He promised to eat less fried food and sugary food.