

4E Lien Hoi Ching, Jasmine (Writing 2)

Recipient: Miss Feng

Sender: Jasmine

Subject: Hello

Hello Miss Feng,

How are you? Nice to meet you. I don't have any pets at home.

I am in Class 4E. I am nine years old. My birthday is in December. I live in Kwai Chung.

I am 142 cm tall. I am 27 kg. I have long hair and big eyes. I like drawing in the art room on Tuesdays. Going cycling is a fun indoor activity. I seldom go cycling at weekends. How about you?

My best friend is Yoyo. She is 136 cm tall and she is 34 kg. She has a small mouth and straight hair. She likes going swimming in the swimming pool on Sundays. Going swimming is a healthy indoor and outdoor activity. She always reads comics and magazines at weekends. I am taller than Yoyo. She is heavier than me. Sukie is the tallest and Emily is the shortest in my class.

I look forward to hearing from you soon.

Jasmine

A shopping experience

Last Sunday, Mum and Amy went shopping in a supermarket. Mum said, 'We need to buy some food for barbecue.' 'Sure. Let me put them in the trolley.' Said Amy. There were a loaf of bread and a jar of honey in the trolley.

Then, Amy wanted to buy a packet of jolly beans. Mum said, 'No! You can't buy this because it's not healthy.' 'Fine.' Said Amy.

After that, Mum swiftly walked away. However, Amy had ten dollars and she paid for the jolly beans secretly.

In the end, Mum went to the checkout. Mum found that she left her Octopus card at home. She said, 'Oh no! I left my... Wait, I suddenly remember that I have brought my wallet!' So, Mum paid for all the stuff by cash.

Old Hong Kong and Hong Kong Today

Life in Hong Kong was very different 60 years ago. Life in Hong Kong is more convenient in different aspects.

There weren't any shopping centres 60 years ago. People bought food and vegetables from the markets. Nowadays, people buy food in supermarkets. They can even do shopping in online shops.

People played hopscotch and hide-and-seek 60 years ago because they didn't play electronic games. But now people play with their electronic games.

Nobody had smartphones or MP3 players 60 years ago so they used telephones to call someone. Nowadays, everybody has smartphones.

Hong Kong is very convenient now but I like the old Hong Kong more.

When I was little

Dear Frank,

How are you? I've read your letter. I miss you.

I couldn't get dressed by myself when I was three. My dad helped me. I couldn't tie my shoelaces by myself. Dad helped me tie my shoelaces. I couldn't pack my school bag by myself when I was three. My grandma helped me. I couldn't climb the stairs by myself. Dad helped me.

My dad brought me shirts with buttons because I could do up my buttons when I was five. I could wash my shoes by myself. Now, I can get dressed by myself. I can tie my shoelaces by myself.

I am looking forward to your letter soon.

Love,
Jenny

Itinerary: A 3-day trip in Hong Kong

My pen friend Steven and his family from Canada are going to visit Hong Kong. They will stay in Hong Kong for three days. I am planning an itinerary for him and his family.

On the first day, we will go to Lantau Island in the morning. We'll visit the magnificent Big Buddha. After that, we will ride on the cable car. Then, we'll have a vegetarian meal for lunch and we'll also take a break too. Then, we'll visit Disneyland. First, we will take photos with Mickey Mouse and other cartoon characters. At night, we'll also watch the amazing shows too.

On the second day, we'll visit Hong Kong Wetland Park. We will see the animals and plants. Then, we'll also look at the crocodile Pui Pui. After that, we will have a wonderful lunch in the Spot Café in Hong Kong Wetland Park. After lunch, we'll go to Mai Po. We'll visit the mangroves. Then, we'll watch the birds too. Finally, we will have a dinner in a restaurant in Yuen Long.

On the third day, we will go to Aberdeen. First, we'll go to Aberdeen and visit the Aberdeen Promenade, we also go for a walk too. Then, we will have delicious seafood for lunch. After that, we'll go to Wan Chai. We will visit the Golden Bauhinia Square. Then, we'll visit Tai Yuen Street. Tai Yuen Street is also called 'Toys street'. Toys street is always crowded because many children love to buy toys there.

By Cleatus

The direction

My class is having a treasure hunt at school. I will tell my classmate the directions to the treasure.

First, go out of 4E classroom. Turn left. Go straight ahead to staircase No.2. Go downstairs to the ground floor.

Then, go straight ahead. The Music Room is on your left. The treasure is in the Music Room.

Once you enter the Music Room, you have to look carefully to find our treasure.

Healthy Eating Advice for Sophie

Sophie eats some food every day. For vegetables, she eats a lot of broccoli, but she eats a few tomatoes and a baby carrot. For meat, she only eats a little steak. For grain products, she eats a little rice. She also eats a lot of French fries. She only eats a little fruit. She likes drinking juice every day.

I'm worried about her eating habits. She needs to eat more vegetables such as tomatoes, eggplants and carrots because they are good for her. They have lots of vitamins and minerals. Fruit have a lot of them too. It is a good idea to eat more fruit and vegetables. She needs to eat more meat such as beef, steak and chicken. They make her grow strong. It is better to eat more meat because it is good for her. She needs to eat more grain products such as rice, bread and noodles because they give her energy. It is better to eat more rice.

She needs to eat less salty food because they make her thirsty. It is a good idea to eat fewer French fries. She needs to drink fewer soft drinks because they contain a lot of sugar. It is better to drink less cola.

Frank's Toothache

Frank loved eating sugary food and fried food. One evening he was sick. 'OWWWW!' Frank moaned. 'What happened?' says Mum. Frank cried, I felt a sharp pain in my mouth! I think I have a toothache! What can I do?'

After that, Mum took Frank to a dental clinic. The dentist checked his tooth. The dentist said, 'You have tooth decay.' I need to pull it out.' 'I can't believe it!' cried Frank. 'OWWWW!' he groaned.

After pulling the tooth out, the dentist pointed to a health poster and told him the importance of brushing the teeth. The dentist said, 'You need to eat fewer candies, they are bad for our teeth.' Brushing teeth is good. It is because brushing teeth can remove bacteria from the teeth.'

In the end, Frank's tooth was removed. He learnt his lesson. He promised he would eat fewer candies and brush his teeth in the morning and in the evening. In the end, they were happy.