Date: _____

Text 1 **A** *Read the school newsletter.*

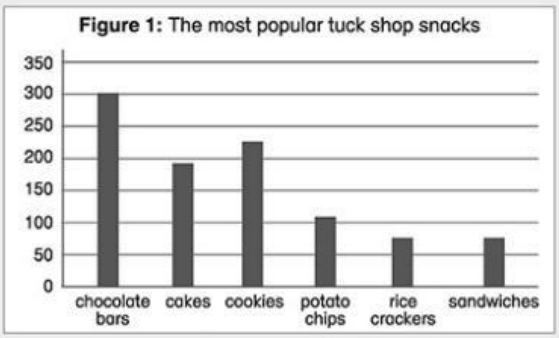
Crossroads Primary School, Shau Kei Wan

18th February 20XX

Dear Parents,

Re: Healthy Kids Campaign

The news is full of stories about unhealthy children in Hong Kong. At Crossroads Primary School we are starting a Healthy Kids Campaign and we hope you will support us.



A healthy diet — at home and school — is important. We asked our 980 pupils about their favourite tuck shop snack. The results are in Figure 1.

The top three choices are high in sugar. Too much sugary food is not good for us. It makes us fat and is bad for our teeth. From Monday (23/2), there will be changes in the tuck shop:

We will stop selling:

- sugary food, salty food and fried food
- soft drinks



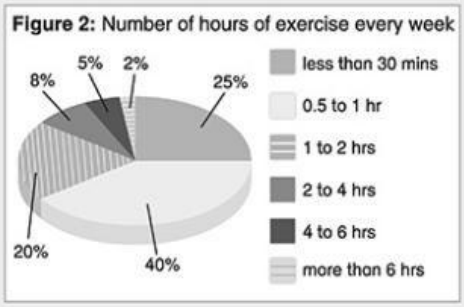
We will start selling:

- water and fruit juice
- fruit such as apples, oranges, cherries and blueberries
- low-fat dairy products such as yoghurt and cheese
- healthier snacks such as fresh corn, boiled eggs, cereal bars and nuts



We hope you will provide healthy food at home too.

We also looked at how much exercise our pupils do outside school. The results are in Figure 2.



Many pupils do too little exercise and need to do more. To help with this, we will do fun exercises in the playground every day for 15 minutes before lessons start. If you have any questions about your child's health, please telephone our school nurse, Mrs Ma on 2361 6132.

Kind regards,
B. D. Wong
Principal

LIVEWORKSHEETS

Date: _____

B *Read the school newsletter again and write short answers.*

1 How many pupils like eating chocolate bars best? _____

2 What is the second most popular food in the tuck shop? _____

3 Mrs Leung is worried that her son is overweight. Who can she talk to at school? _____

C *Blacken ● the circles.*

1 What can you buy from the tuck shop on 24th February? (You can choose more than one answer.)

○ A. 

○ B. 

○ C. 

○ D. 

2 The bar chart tells us that ____ .


Study the bar chart carefully.

○ A. cookies are less popular than cakes
○ B. more pupils prefer rice crackers to sandwiches
○ C. potato chips are more popular than rice crackers
○ D. fewer pupils prefer chocolate bars to cakes

3 How much exercise do most pupils do?

○ A. less than 30 minutes ○ B. 30–60 minutes
○ C. 1–2 hours ○ D. more than 2 hours

☆ 4 What is the main purpose of this newsletter?

○ A. to tell parents how to choose healthy snacks
○ B. to ask pupils to do more exercise
○ C. to discuss children's unhealthy eating habits
○ D. to introduce a plan to help students be healthier

LIVEWORKSHEETS