

## ENGLISH LANGUAGE PAPER 4

### GENERAL INSTRUCTIONS

*This paper consists of two parts: Part A, Group Interaction; and Part B, Individual Response. Part B will immediately follow Part A. DO NOT write anything on this page.*

### PART A Group Interaction

*You will be given 10 minutes to prepare. The time allowed for the group interaction is 8 minutes (or 6 minutes for a group of 3 candidates). You may make notes on the notecard provided and refer to your notes during the discussion.*

This article appeared on a website:

### Promoting a Healthy Lifestyle Among Students

In recent years, maintaining a healthy lifestyle has become an important concern in Hong Kong. Many health experts have warned that young people today may not be getting enough exercise because they spend a large amount of time studying, using computers, or browsing social media. As a result, some students develop unhealthy habits such as sleeping late, eating fast food, and spending long hours sitting in front of screens.

To encourage young people to be more active, the Hong Kong government and various organisations regularly organise public sports events. For example, large events such as the Hong Kong Marathon and the Standard Chartered Hong Kong Marathon attract thousands of participants every year. Schools also organise sports days, hiking activities, and inter-school competitions to encourage students to exercise and stay healthy.

In addition to physical exercise, experts also emphasise the importance of maintaining a balanced diet and getting enough rest. However, some students find it difficult to maintain a healthy lifestyle because of their busy academic schedules and the pressure of examinations.

As a result, some educators believe that schools should play a bigger role in helping students develop healthier habits, while others think that students themselves should take more responsibility for their own well-being.

You and your classmates are members of the organising committee for *Healthy Living Week* at your school. You may want to talk about:

- what activities the school could organise to encourage students to develop healthier habits
- what challenges students may face in maintaining a healthy lifestyle
- how schools and families can work together to promote healthy living among young people
- anything else you think is important

### PART B Individual Response

*The examiner will ask you one or more questions based on Part A. You will have up to 1 minute to respond.*

## ENGLISH LANGUAGE PAPER 4

EXAMINER

### PART A Group Interaction

This article appeared on a website:

#### Promoting a Healthy Lifestyle Among Students

In recent years, maintaining a healthy lifestyle has become an important concern in Hong Kong. Many health experts have warned that young people today may not be getting enough exercise because they spend a large amount of time studying, using computers, or browsing social media. As a result, some students develop unhealthy habits such as sleeping late, eating fast food, and spending long hours sitting in front of screens.

To encourage young people to be more active, the Hong Kong government and various organisations regularly organise public sports events. For example, large events such as the Hong Kong Marathon and the Standard Chartered Hong Kong Marathon attract thousands of participants every year. Schools also organise sports days, hiking activities, and inter-school competitions to encourage students to exercise and stay healthy.

In addition to physical exercise, experts also emphasise the importance of maintaining a balanced diet and getting enough rest. However, some students find it difficult to maintain a healthy lifestyle because of their busy academic schedules and the pressure of examinations.

As a result, some educators believe that schools should play a bigger role in helping students develop healthier habits, while others think that students themselves should take more responsibility for their own well-being.

You and your classmates are members of the organising committee for *Healthy Living Week* at your school. You may want to talk about:

- what activities the school could organise to encourage students to develop healthier habits
- what challenges students may face in maintaining a healthy lifestyle
- how schools and families can work together to promote healthy living among young people
- anything else you think is important

### PART B Individual Response

1. Do you think young people in Hong Kong live a healthy lifestyle?
2. What kinds of exercise do you enjoy the most?
3. Why do some students prefer spending time online rather than exercising?
4. In your opinion, how important is a balanced diet for maintaining good health?
5. Do you think schools should increase the number of physical education lessons?
6. How can technology help people live a healthier lifestyle?
7. What are some simple ways people can improve their health in their daily lives?
8. In the future, do you think people will become more health-conscious?