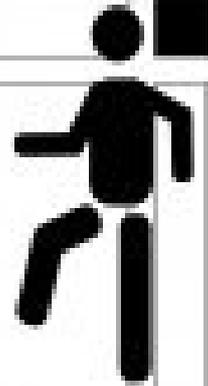
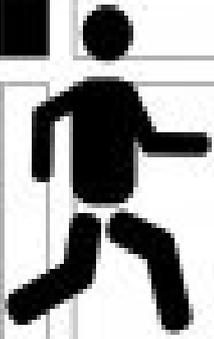


STFA Wu Siu Kui Memorial Primary School

2012-2013 “A Book A School” English Writing Competition

Class	Name
1A	Ho Wing Yin, Wayne 何永然
1A	Huen Hau Nin, Jimmy 禰厚年
1C	Choi Chun Him, Thomas 蔡鎮謙
2E	Fan Wing Sze, Summer 樊詠詩
2B	Cheung Ching Nam, Sam 張靖楠
2B	Chan Hoi Tik, Corey 陳愷迪
3A	Au Chi Kin, Kinson 歐智健
3A	Lee Pui Ying, Joyce 李佩瑩
3A	Cheuk Chun Hei, Kyle 卓俊希
3D	Lam Cheuk Wing, Owen 林卓穎
4B	Chui Pui Kei, Kitty 徐珮琪
4A	Chan Hiu Laam, Yoko 陳曉嵐
4B	Ho Ching, Hannah 何晴
5A	Cheung Ka Ka, Christy 張家嘉
5A	Wong Yat Chung, Timmy 黃逸驄
5A	Lau Chun Hei, Steven 劉真希
6A	Chong Hin Wa, Brian 莊衍驊
6A	Law Hui Hong, Raymond 羅栩匡
6A	Chik Pui Hang, Albe 戚琲珩
6C	Lee Wun Yan, Yannes 李桓因



A Healthy Child

Don't eat too much candy.

Don't eat lots of sugar, salt and oil.

We eat more fruit and vegetables.

We drink eight glasses of water every day.

We must do exercise every day.

I am a healthy child.

By Ho Wing Yin, Wayne P.1A



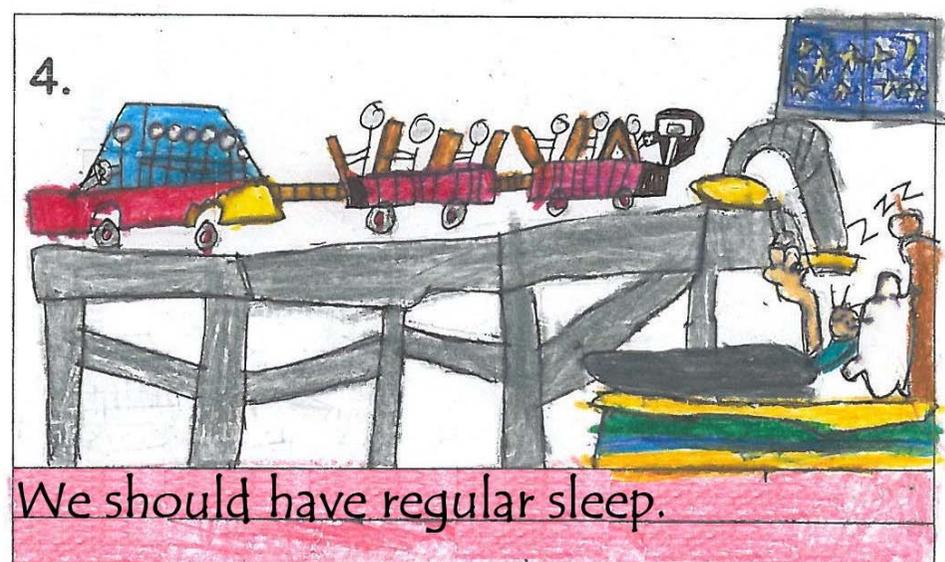
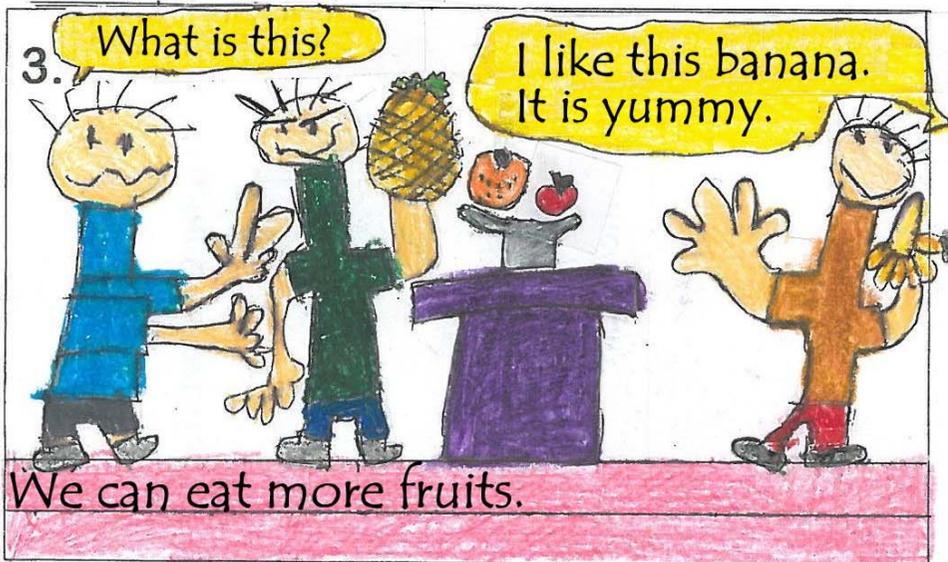
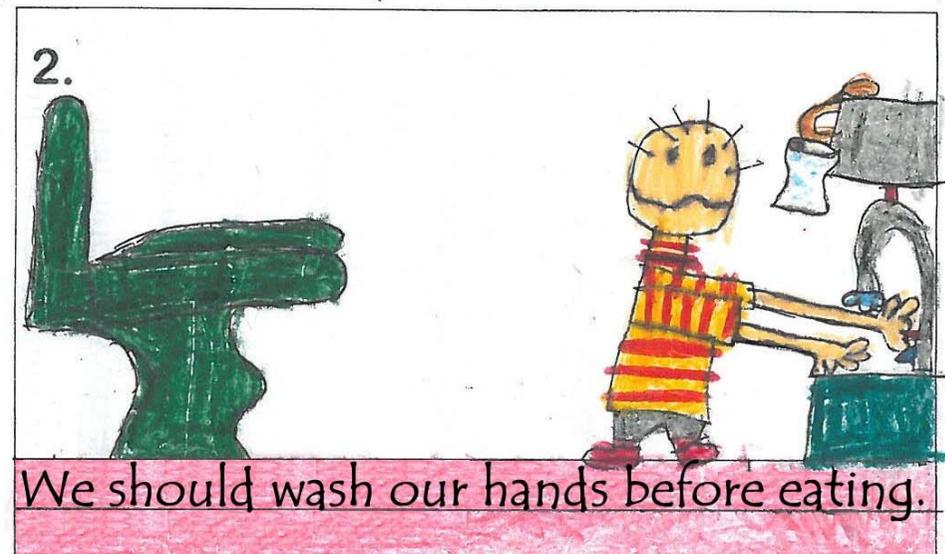
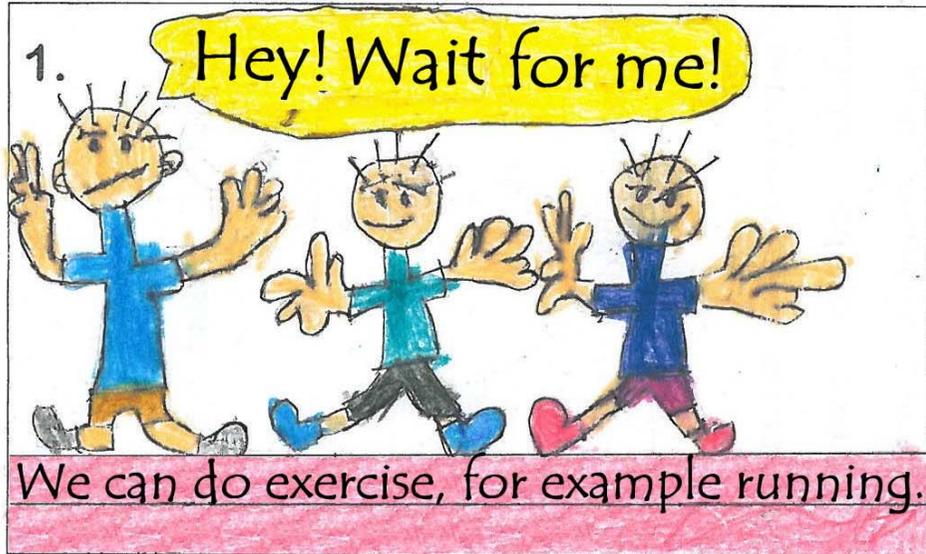
A Healthy Child

There are many ways to keep healthy:
Good eating habits. Eat a lot of fruit and vegetables.
Do exercise every day.
Don't eat junk food.
Sleep at least eight hours.

By Huen Hau Nin, Jimmy P.1A



The Way of Being Healthy



By Choi Chun Him, Thomas P.1C



Be a Healthy Child

To be a healthy child, temper should be mild.

Do exercise more, life is less bored.

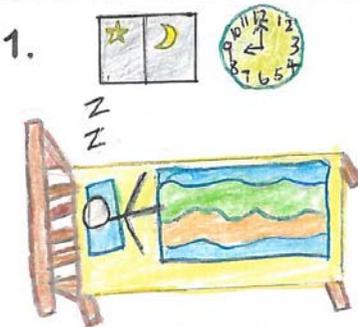
Eat more vegetables, healthy life is tangible.

Play more with friends, happy time never ends.

By Fan Wing Sze Summer P.2E



By Cheung Ching Nam, Sam P.2B

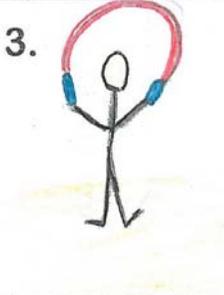
1.  

I go to sleep at nine o'clock at night.

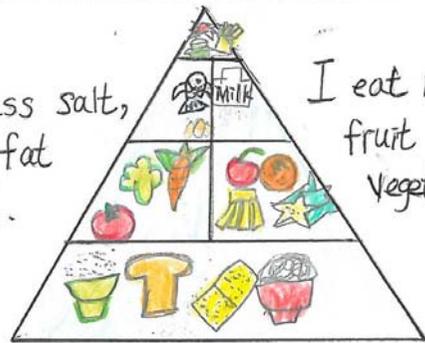
I get up at seven o'clock in the morning.

2.  

When I am bored, I read comics and listen to music.

3.   

When I have time, I do some exercise.

4. 

I eat less salt, sugar, fat and oil.

I eat more fruit and vegetables.

When I am thirsty, I drink some water.



A Healthy Child

A balanced diet is very good.

Eat more greens and less junk food.

Sleep early and be happy.

Do exercise and be healthy.

Super!

By Chan Hoi Tik, Corey P.2B



How to Keep Healthy?

How to keep healthy? I have some ideas to share. First, we should have a balanced diet. Just like me, I love to eat hamburgers but I know they are not good for my health. I will not eat too many. Second, we should sleep for at least eight to ten hours every night. If I do not get a good rest, I will feel very tired. Third, we should do a lot of exercise. I play football every day. It keeps me strong and healthy. Lastly, I can say the most important thing for keeping healthy is to be 'happy'. My friends can make me happy. I feel great when I play with them.

We need to do our best to stay healthy. Starting now, let us take good care of ourselves.

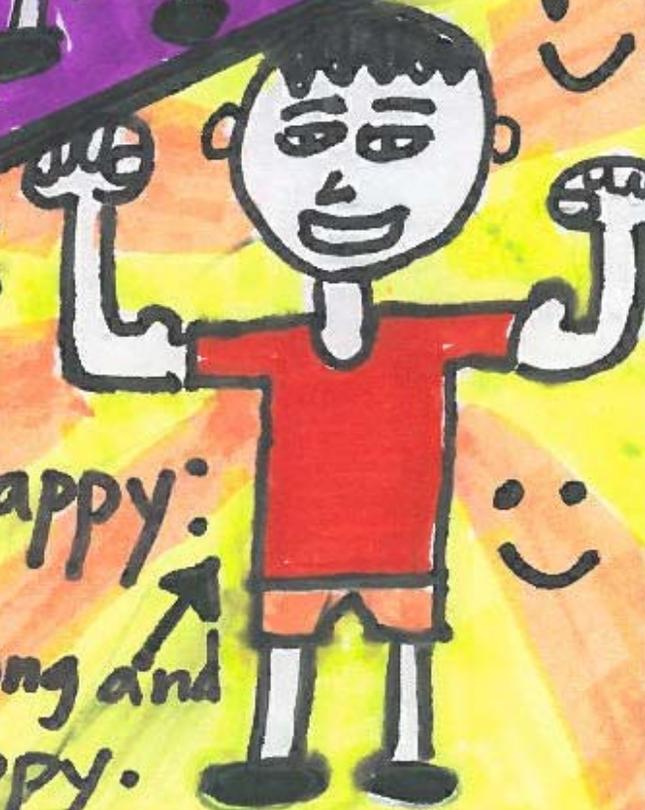
By Au Chi Kin, Kinson P.3A

if you
don't keep
happy:



ill
and
unhappy

if you
keep happy:

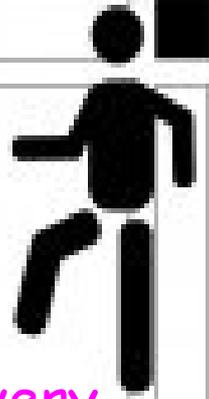


strong and
happy.

Staying Healthy

How can a person keep healthy? I think a person can keep healthy by exercising and eating healthy food. Eating a lot of fruit and vegetables can help a person to stay strong and happy. I think walking is a good exercise for everyone. I want to walk to school everyday but my school is too far from my home. It would be very good exercise for me.

By Cheuk Chun Hei, Kyle P.3A



How to Keep Healthy?

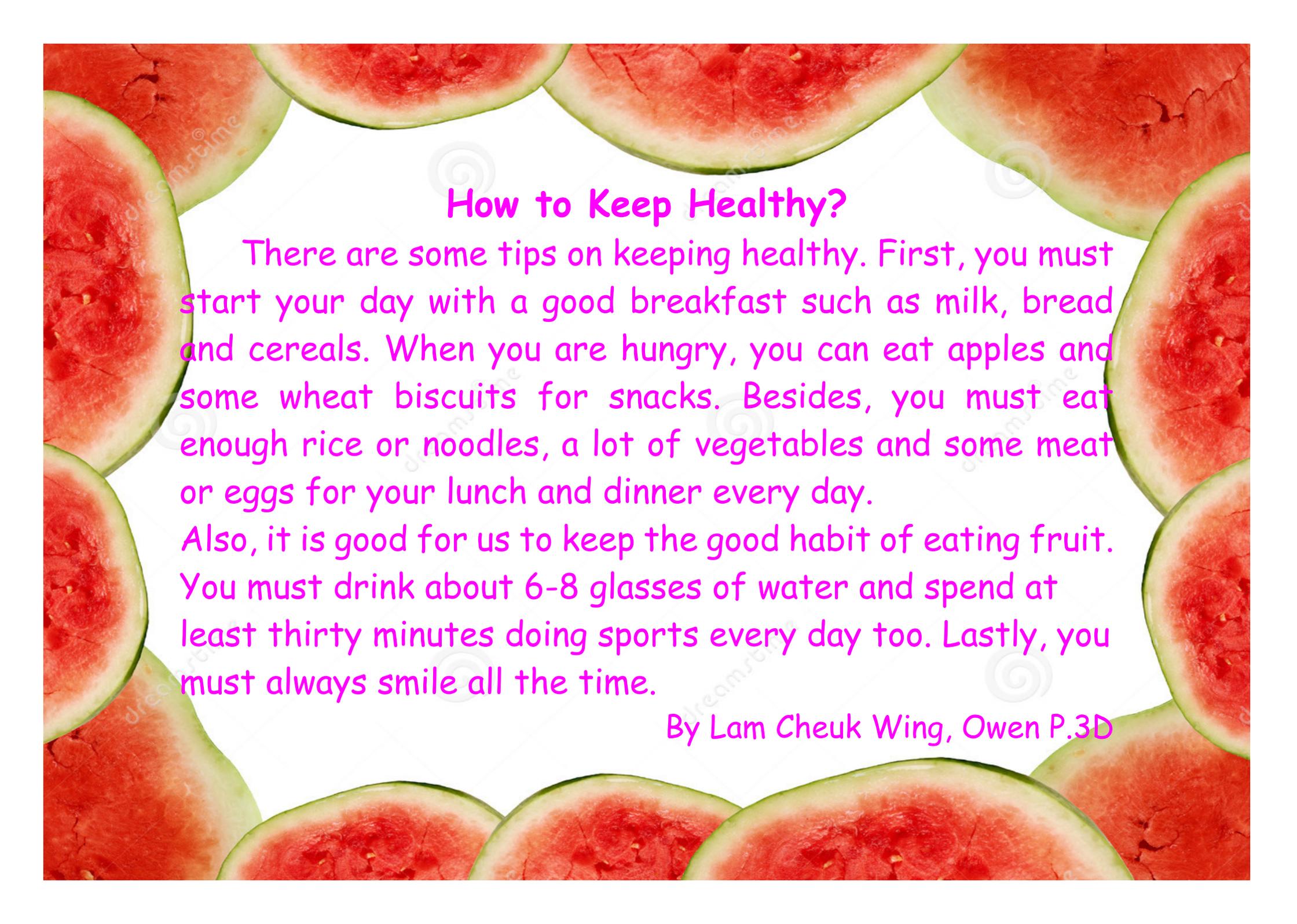
Firstly, to keep healthy, it is very important for us to eat more fruits and vegetables because they provide vitamins and help digestion.

Secondly, we have to have a balanced diet and maintain regular eating habits. We have to avoid food with lots of sugar and fat and eat plenty of high protein food.

Thirdly, we should do exercise every day. Doing sports frequently can make our bodies strong. If everyone follows my suggestion, we will be more healthy.

By Lee Pui Ying, Joyce P.3A



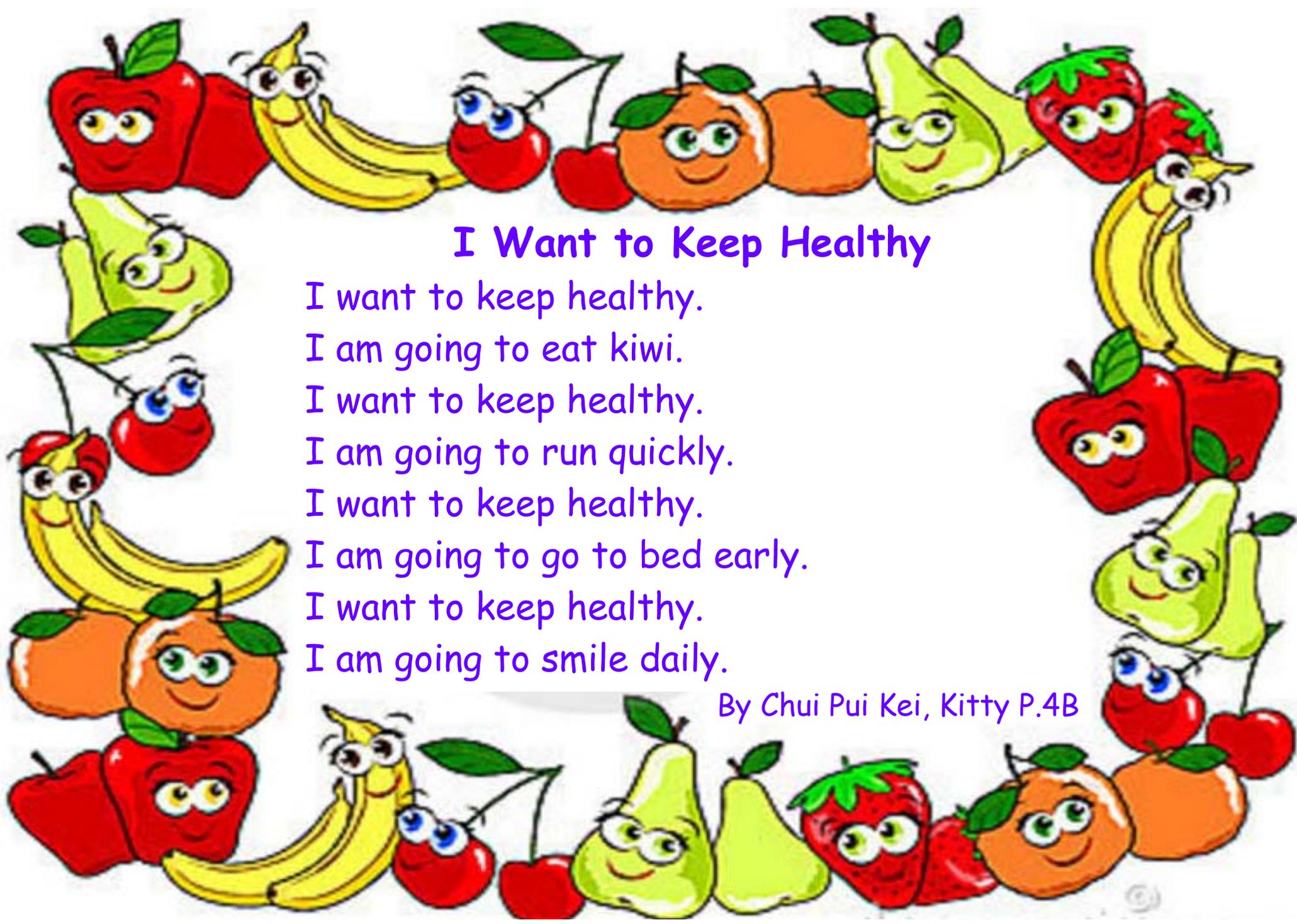
The image features a decorative border of sliced watermelon around the perimeter. The slices are arranged in a circular pattern, showing the red flesh and green rind. The background is white, and the text is centered within this border.

How to Keep Healthy?

There are some tips on keeping healthy. First, you must start your day with a good breakfast such as milk, bread and cereals. When you are hungry, you can eat apples and some wheat biscuits for snacks. Besides, you must eat enough rice or noodles, a lot of vegetables and some meat or eggs for your lunch and dinner every day.

Also, it is good for us to keep the good habit of eating fruit. You must drink about 6-8 glasses of water and spend at least thirty minutes doing sports every day too. Lastly, you must always smile all the time.

By Lam Cheuk Wing, Owen P.3D



I Want to Keep Healthy

I want to keep healthy.

I am going to eat kiwi.

I want to keep healthy.

I am going to run quickly.

I want to keep healthy.

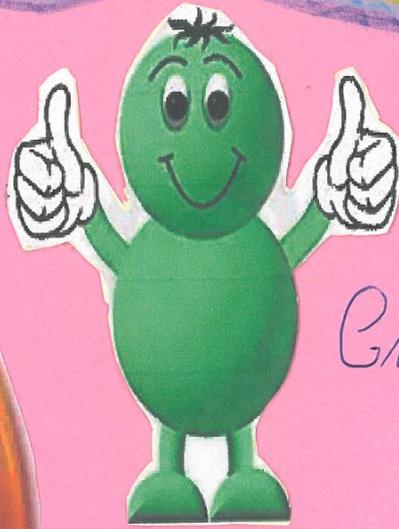
I am going to go to bed early.

I want to keep healthy.

I am going to smile daily.

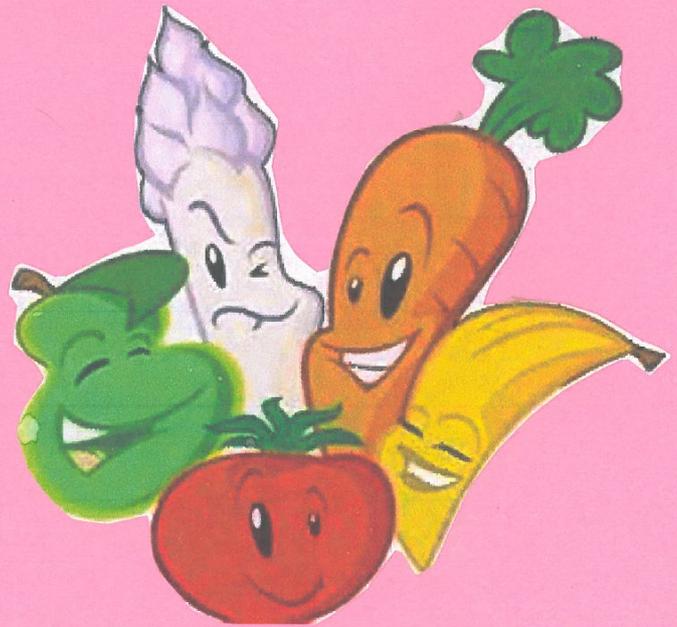
By Chui Pui Kei, Kitty P.4B

Be a healthy pupil



Chan Hiu Lam

Yoko 4A
陳曉嵐



P. 1

How to keep a healthy body

I am Ben,
I am too fat.



I am Sam,
I am too
thin.



Ben is too fat. You should eat less food and do more exercise. Sam is too thin. You should eat more healthy food because they give you energy.



Be a healthy pupil

Health is far more important than wealth and wisdom. Good health enables us to enjoy our life.

Firstly, it is very important for us to eat more fruits and vegetables because they provide us vitamins and minerals.

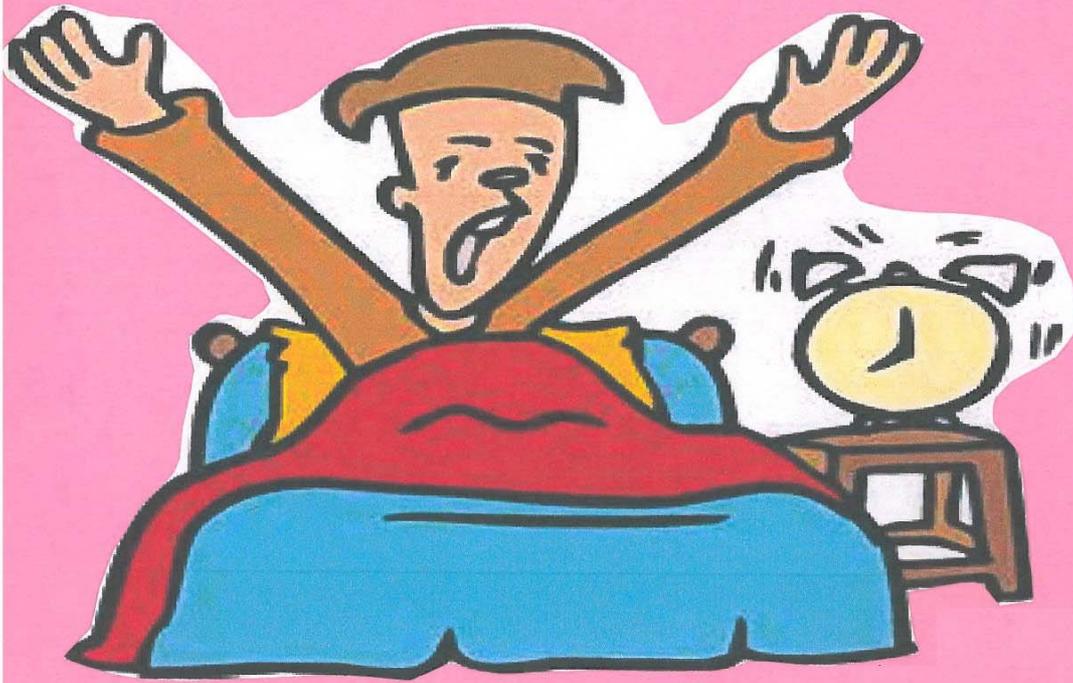
Secondly, we have to keep a balanced diet and maintain regular eating habits.

Thirdly, we need to do exercise every day. It makes our body strong.

Lastly, remember need to drink 6-8 glasses of water every day.

By Chan Hiu Laam, Yoko P.4A

P.3

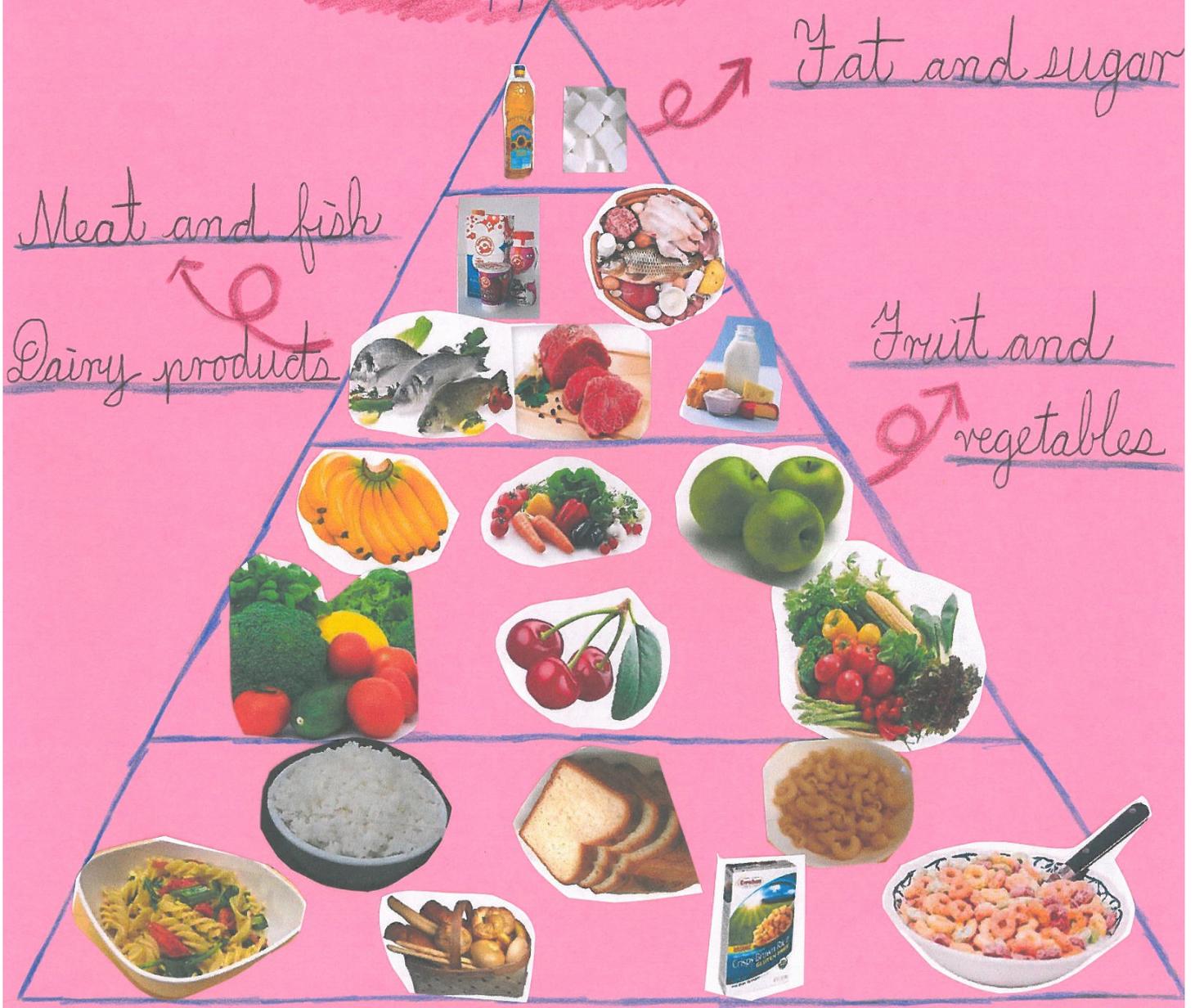


We need to go to bed
early and get up
early.



We need to
drink 6-8
glasses of
water every
day.

food pyramid



Fat and sugar

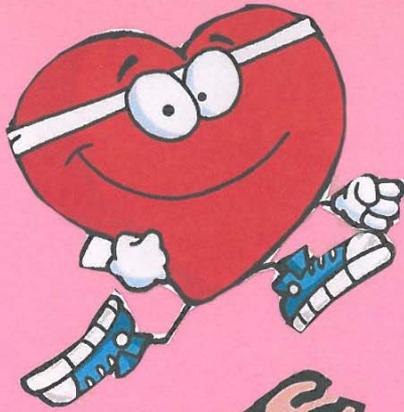
Meat and fish

Dairy products

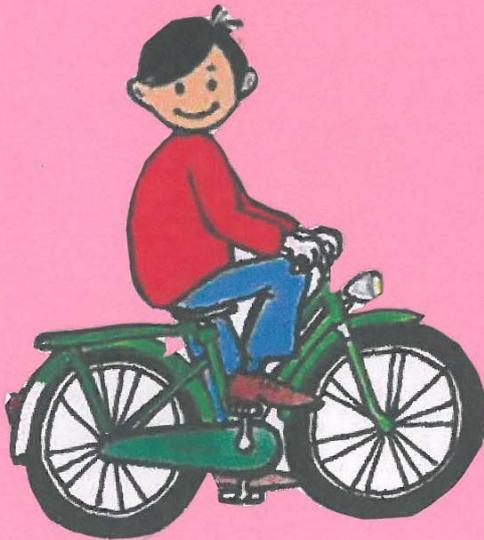
Fruit and vegetables

Grain products

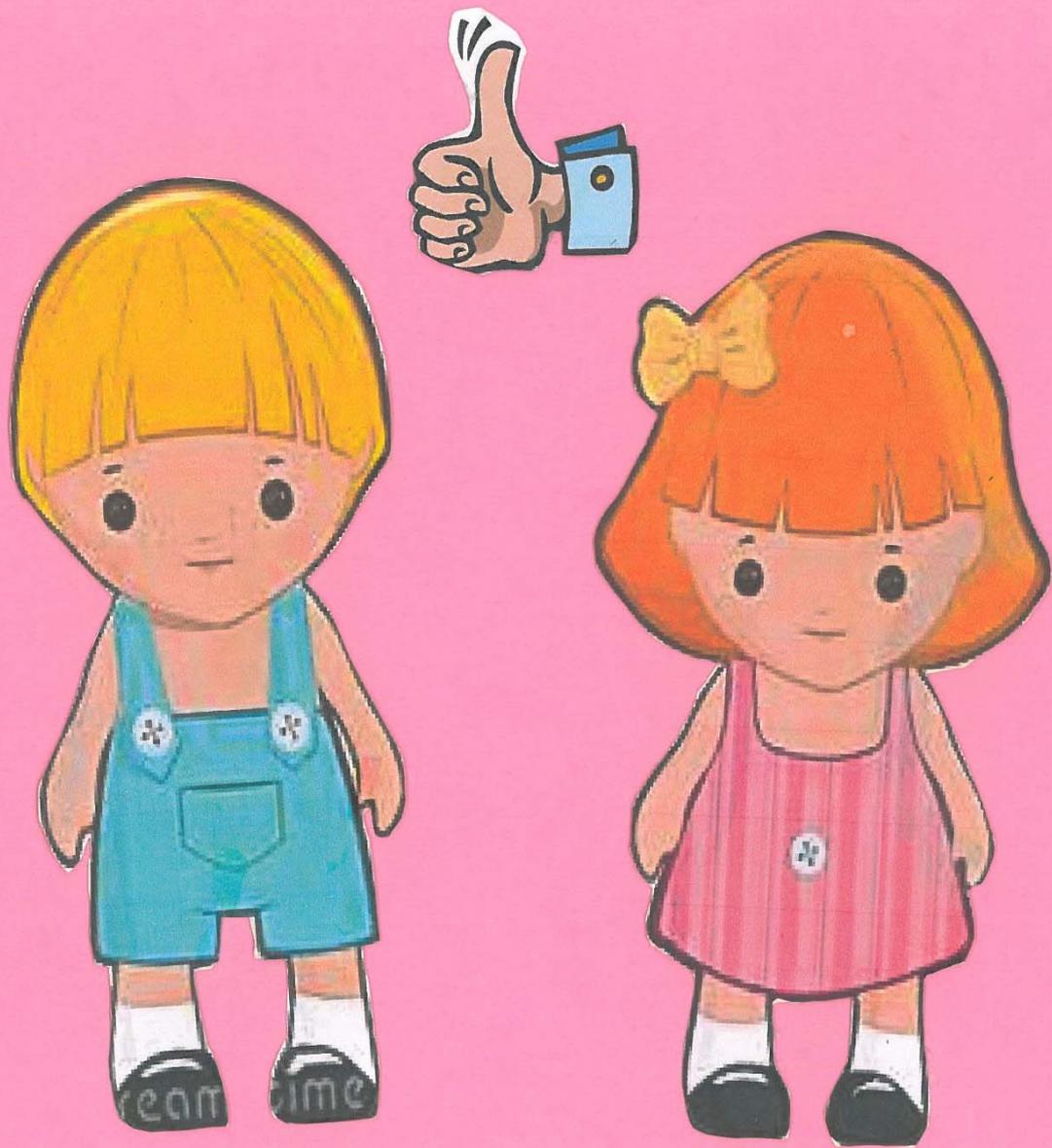
P.5



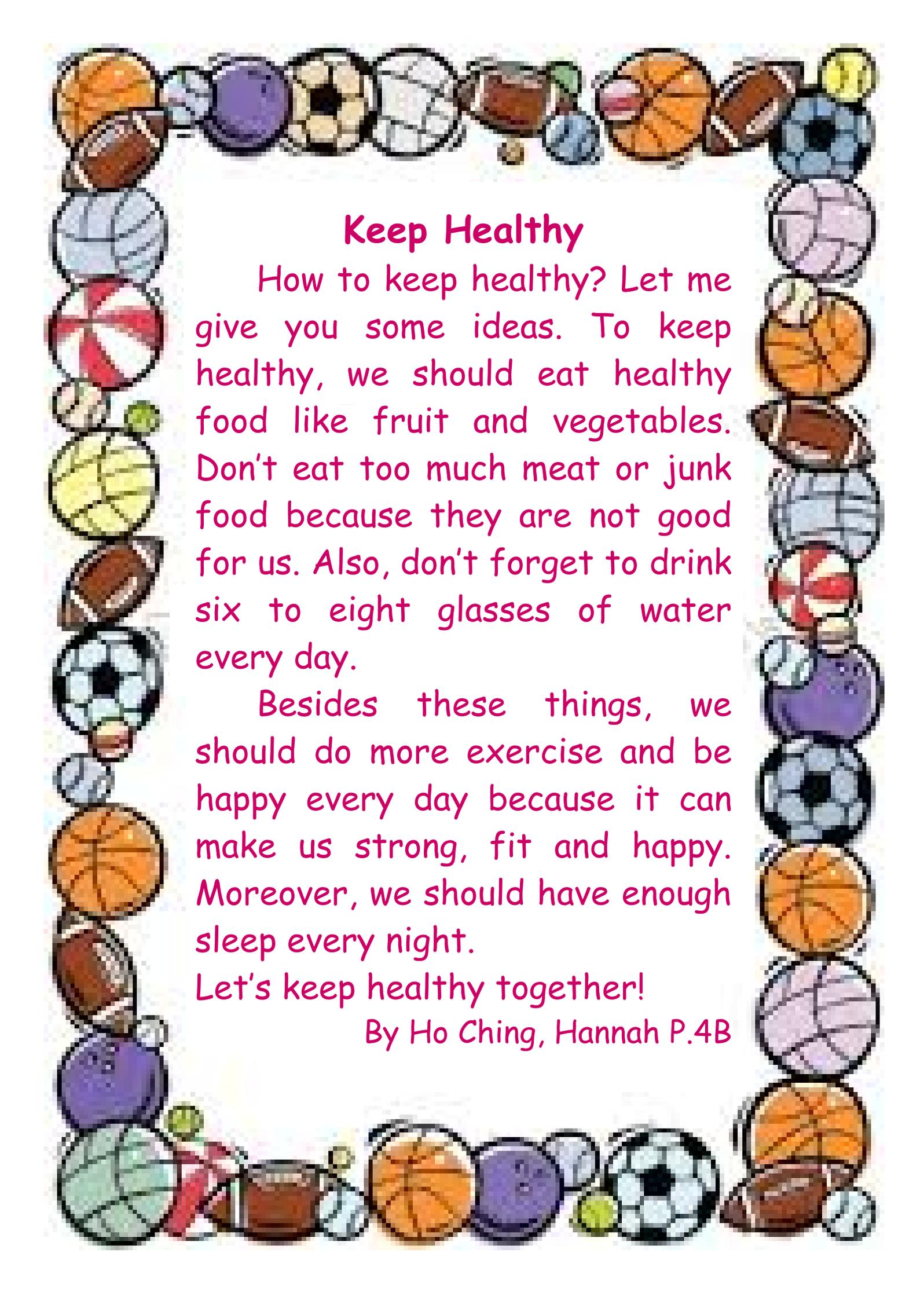
We need to do
exercise every
day, it makes
our body
strong.



P. 6



We are healthy pupils now. Yeah! P.7



Keep Healthy

How to keep healthy? Let me give you some ideas. To keep healthy, we should eat healthy food like fruit and vegetables. Don't eat too much meat or junk food because they are not good for us. Also, don't forget to drink six to eight glasses of water every day.

Besides these things, we should do more exercise and be happy every day because it can make us strong, fit and happy. Moreover, we should have enough sleep every night.

Let's keep healthy together!

By Ho Ching, Hannah P.4B



Green Life - Be Friendly to the Earth



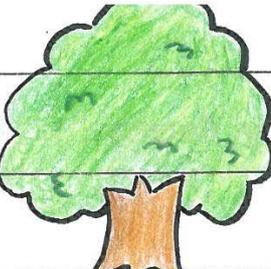
What will our planet be like in the future? Green and clean? Or gray and polluted? That depends on us. Our actions will make the difference.

We should show our concern for the Earth. We can, for example, plant trees, reduce waste and recycle useful materials. We can recycle glass, metal, paper, and other materials. Recycling helps save resources. It also helps create less trash.

Cars make a lot of air pollution. The easiest way for us to help is to take public transport as much as possible. Another important thing is to reduce plastic bags use. We could also eat less meat and more vegetables to improve the environment.

Green life starts with me. I love our home planet, the Earth. Protecting our planet is the responsibility of every global resident.

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 **G**reen  **L**ife 

By Cheung Ka Ka, Christy P.5A



Let's Save the Earth - Everyone Can Do it

Do you know what 'Green Life' means? It means we should reduce pollution!

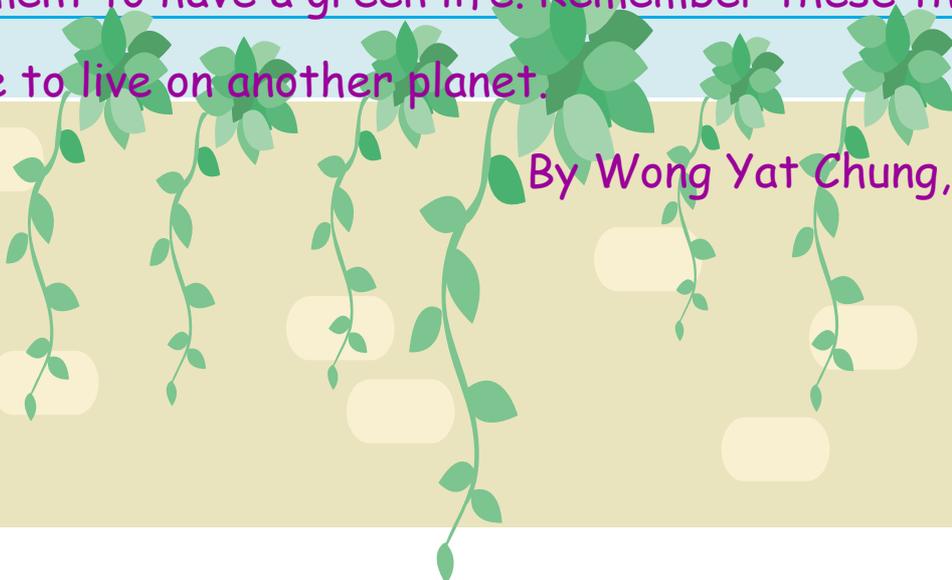
First we should always use public transportation for traveling. That will reduce the air pollution and produce less carbon dioxide in the air.

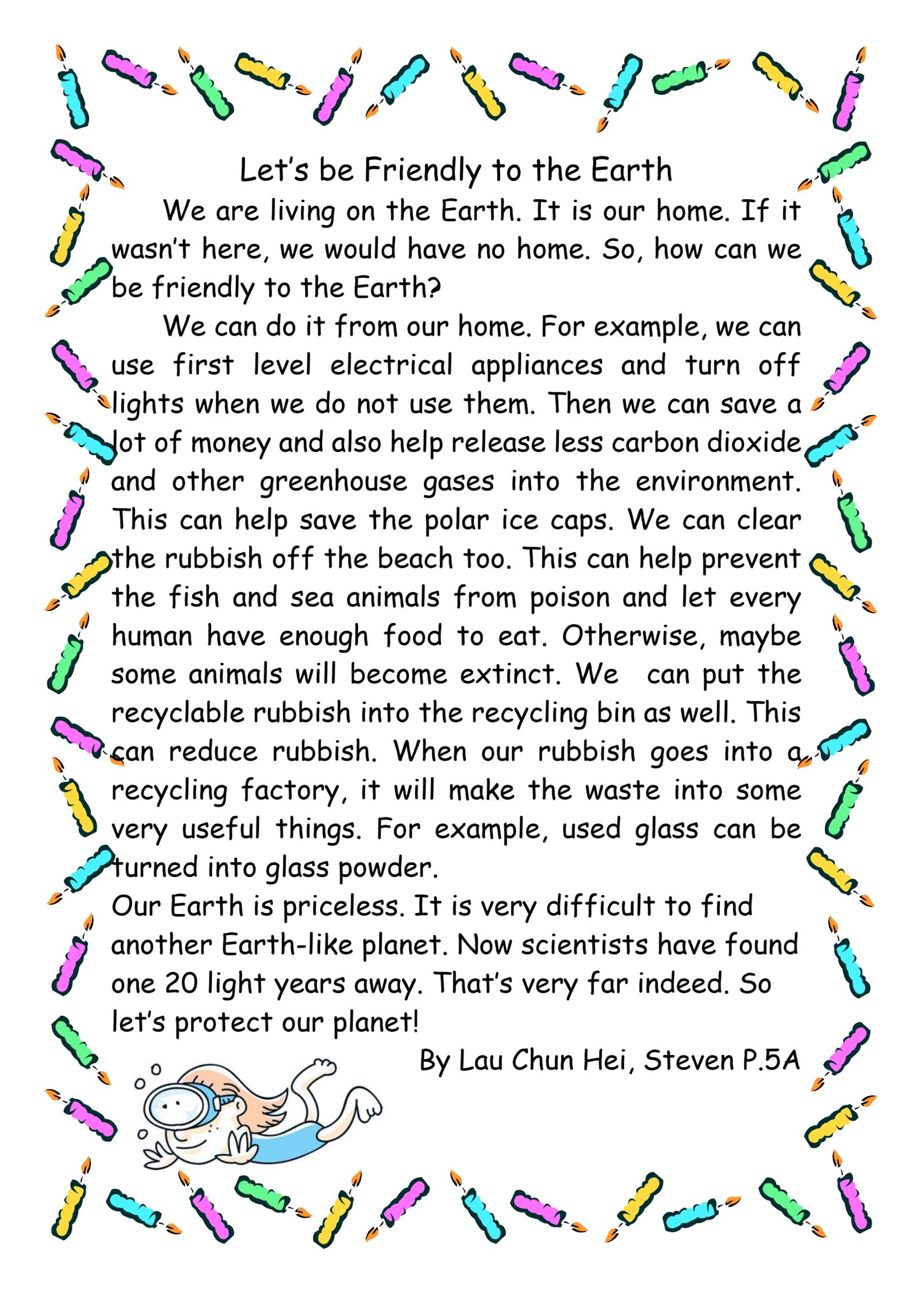
Second, we should not throw any rubbish on the ground. If we do so, there will be fewer rats, mosquitoes and cockroaches.

Third, we can use the recycling bins. There are three colours of them - brown, blue and yellow. Each colour contains different things: the blue ones collect used paper only; the yellow ones collect things made of metal only; and the brown ones collect plastic objects only. We should appropriately use these recycling bins, so that the environment will be cleaner and the air will not be smellier.

These are only some of the ways to protect the air and environment to have a green life. Remember these things, or we will have to live on another planet.

By Wong Yat Chung, Timmy P.5A





Let's be Friendly to the Earth

We are living on the Earth. It is our home. If it wasn't here, we would have no home. So, how can we be friendly to the Earth?

We can do it from our home. For example, we can use first level electrical appliances and turn off lights when we do not use them. Then we can save a lot of money and also help release less carbon dioxide and other greenhouse gases into the environment.

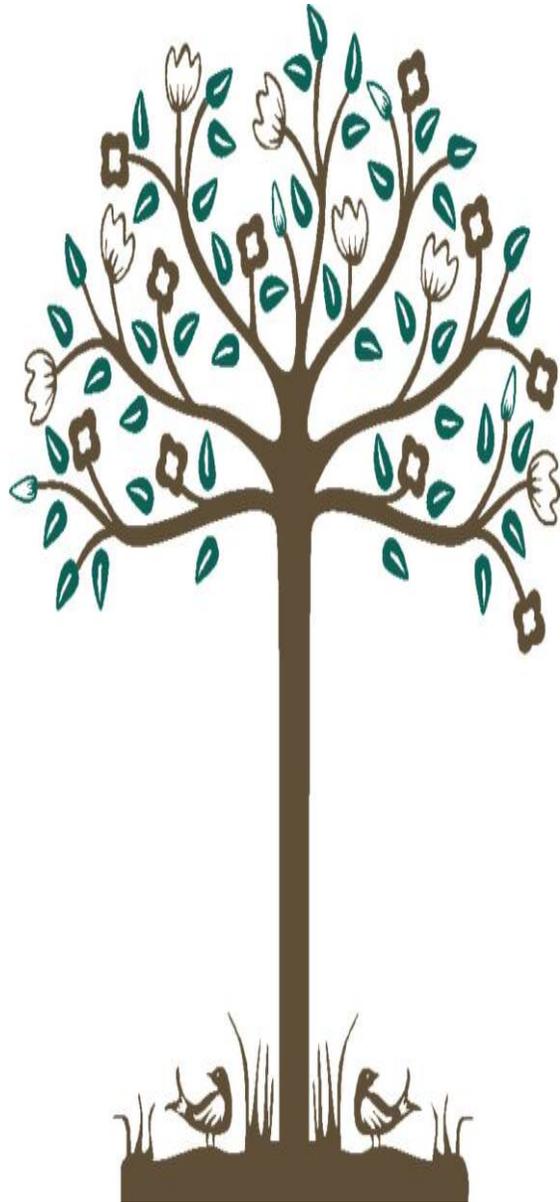
This can help save the polar ice caps. We can clear the rubbish off the beach too. This can help prevent the fish and sea animals from poison and let every human have enough food to eat. Otherwise, maybe some animals will become extinct. We can put the recyclable rubbish into the recycling bin as well. This can reduce rubbish. When our rubbish goes into a recycling factory, it will make the waste into some very useful things. For example, used glass can be turned into glass powder.

Our Earth is priceless. It is very difficult to find another Earth-like planet. Now scientists have found one 20 light years away. That's very far indeed. So let's protect our planet!

By Lau Chun Hei, Steven P.5A



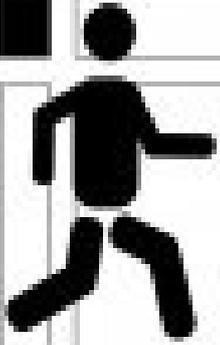
Green Life - Be Friendly to the Earth



Cultivate plants in a garden.
Walk and cycle more often.
Recycle and reuse things.
Don't waste food often you think.
Use water sparingly.
Avoid unnecessary use of electricity.
Eat organic food every day.
Save our Earth every day.

By Chong Hin Wa, Brian P.6A





Green Life

What is Green Life? It doesn't mean the colour, it means a lifestyle that is environmentally friendly. Here is my advice to live a green life.

First, we should take public transport because public transport can carry more people at once, rather than a car which only carries a few people at a time. We can ride a bike or walk. It is the most environmentally friendly thing which produces no pollution.

Secondly, we should turn off the appliances that we don't use. So we can waste less energy and produce less greenhouse gas.

As you can see, it is easy to protect our environment. Let's live a green life and help save the earth!

By Law Hui Hong, Raymond P.6A



Green Life

G - Good for the environment.

R - Remember the 4Rs: recycle, reduce, reuse and replace.

E - Earth is sick. We must all help it.

E - Everyone should be friendly to our Earth.

N - No one should pollute our Earth.

L - Lots of rubbish are dumped on the ground. We should start recycling it.

I - It is as easy as A - B - C to protect our Earth.

F - Fortunately all of the people start to protect our Earth now.

E - Either keep our Earth or lose it? You can choose. We should all protect our Earth today!

By Chik Pui Hang, Albe P.6A