

About Me

Zenith Chan (4A)

My name is Zenith. I am a girl. I am nine years old. My birthday is on 1st February. I live in Shatin.

My friend is Hins. He is a boy. His birthday is on 25th July. He is fat and young. He likes playing football. I am tall and light. Marsco is my friend too. He is taller than Hins. I am lighter than Marsco but I am not the lightest in Class 4A. I am taller than Hins. My hair is long. It is longer than Marsco. I like collecting stickers, going cycling and playing basketball. I often go to the piano class on Mondays after school.

After reading my personal description, I think you should know more about me.

Healthy School
Newsletter
Advice on healthy diets

By Guo Yuen Ki, Kiki 4A

Nowadays we have a lot of food to choose. It is important for us to choose the food. We need to have a healthy diet.

Vegetables are good for us because they have a lot of vitamins and minerals. They keep us healthy. We need to eat more vegetables. We eat one and a half bowls of vegetables every day.

Junk food is bad for us because eating too much junk food will make us fat. It has too much sugar and oil. We need to eat less junk food.

Let's follow this advice and be a healthy student.

A Picnic

By Wong Cheuk Wing, Cherry 4A

Last Sunday was a sunny day. Birds flew in the sky. Flowers are beautiful. It was very warm in the park. John and his parents went to May Park last Sunday. They brought apples, hotdogs, bananas and cookies for the picnic.

A monkey jumped onto the table from the tree. John and his parents felt scared. The monkey took an apple and bananas from the table. John's dad chased the monkey. John's mum was very angry. John felt very sad.

The food was dirty. John and his parents did not eat the food. Then, they went back home and had dinner at home together.

An Interview Report

Anson Ng 4A

When my grandma was in Primary 4

I talked to my grandma about her childhood. I asked her questions about her life sixty years ago.

There weren't any air-conditioners at school sixty years ago. When my grandma felt hot. She had to use a folding fan. There is a beautiful picture on it. My grandma keep it till now. There weren't any ipads at her school so the children had to take notes by themselves. There weren't any computers at school so they can't surf the internet or play computer games.

There weren't a lot of games to play sixty years ago. My grandma liked playing Chinese chess and hopscotch with her friends. They played in the park after school. However, she wasn't play electronic games by herself.

My grandma had to take care of herself when she was in Primary 4. She could do up her buttons by herself. She enjoyed to study English when she was nine years old. She did homework after school by herself. I hope I can do all the things by myself.

Food Review

Marco Zeng 4A

Last night, I had dinner in Sunny Restaurant because it has changed the cooks. I had a wonderful night, and I enjoyed the meal a lot!

I ordered green salad, fried noodles with pork chop, macaroni with cheese and a glass of orange juice. They were two hundred thirty-two dollars and fifty. It was cheap.

To my surprise, the food was delicious. The green salad was good. The raw green vegetables were fresh. The fried noodles with pork chop were better than the green salad. The meat was tender and easy to cut. Macaroni with cheese is my favourite. It was creamy and rich with cheddar cheese. Macaroni with cheese was the best, but the orange juice was the worst because it was sour.

The food was so good that I would like to go there again.

Advice on healthy diet
By Cheung Chak Ki Jackie 4B

KCBC Hay Nien (Yan Ping) Primary School
Newsletter
Advice on healthy diet

Some people always eat lots of junk food and some people only eat a little healthy food. We need to have a healthy diet.

Apples are good for us because it contains lots of vitamins and minerals. Vitamins and minerals can make us strong so we need to eat more apples.

Sweets are bad for us because it contains sugar. Sugar can make your teeth have cavities so we need to eat less sweets.

Let's eat healthily so we can be fit!

By Jackie Cheung

My Diary Kacy Low 4B

20 November 20XX (Sat)

Sunny

Dear Diary,

Today I went to a café with my mum. The lady took a book from her handbag. Then, when the lady wanted to take an order, the waiter saw her purse.

I was shocked because when the waiter served the food, he took the purse. I yelled, 'the waiter took that lady's purse.' Everybody looked at the waiter. The lady was flushed with anger. Then she called the cop.

An email to your friend

By Mayson Ho 4B

To: kadenrironbot@gmail.com

From: mayson2009@gmail.com

Subject: Our trip

Hi Kayden,

Summer break is almost here. I would like to visit some places with you!

In the morning, we will go to Ocean Park. We will play on the rides. In the afternoon, we will go to Mong Kok. We will go shopping. In the evening, we will go to Aberdeen. We will eat seafood in Jumbo Floating Restaurant. We can go everywhere by my car.

Can we meet at the parking spots close to my house at eleven o'clock next Saturday morning? I am looking forward to have fun with you!

From,
Mayson

Food Review

By Chen An Qi, Angel 4C

Last night, I went to Sunny Restaurant. I enjoyed the food there a lot!

I went there with my family. We ordered macaroni with cheese, green tea and mango pudding. They were one hundred and fifteen dollars. It was a little expensive.

The food in Sunny Restaurant was tasty. The macaroni with cheese was better than the green tea. The mango pudding was the best. It was delicious!

I really enjoyed the food in Sunny Restaurant. I would like to go there again!

About me

By He Cheng Qing, Winnie 4C

Hello! I am a girl. I live in Ho Man Tin. I am ten years old and my birthday is on 17th June.

I am tall and thin. I am taller than Candy but I am not the tallest girl in the class. I am thin. I am thinner than Emily. My hair is long. It is longer than Emily's.

I like running, dancing, swimming and watching TV. I sometimes go swimming on Mondays after school.

About me

By Tsang Yat To, Anthony 4C

Hello! I am a boy. I live in Sha Tin. I am eight years old and my birthday is on 9th November.

I am fat. I am fatter than Tommy. I am shorter than Tommy but I am not the shortest boy in the class. My hair is short. It is shorter than Max's.

I like playing computer games, reading magazines and going cycling. I always play computer games on Fridays after school.

Food Review

By Zheng Si Mei, Semine 4C

Last night, I went to Sunny Restaurant. I enjoyed the food there a lot!

I went there with my family. We ordered chicken curry, macaroni with cheese and chocolate pudding. They were two hundred and twenty-seven dollars. It was expensive!

The food in Sunny Restaurant was yummy. The macaroni with cheese was better than the chicken curry. The chocolate pudding was the best!

I had a great time in Sunny Restaurant. I would like to go there again!

An email to your friend

4E Akemi Mito Poon

Hi Winky,

We are going to have a school holiday next Monday. I would like to visit some places with you!

In the morning, we will visit Wai Chai. We can get there by bus. We will watch flag-raising at Golden Bauhinia Square and visit the toys shops in Tai Yuen Street. It will be nice.

In the afternoon, we will go to Causeway Bay. We can get there by MTR. We will go shopping at Times Square and drink bubble tea. It will be interesting.

In the evening, we will go to the Peak. We can get there by the Peak Tram. We go to take the Peak Tram and look at the view of Victoria Harbour. It will be great.

Can we meet at Fo Tan MTR station at 8:30 a.m. next Monday? I am looking forward to seeing you!

From,

Akemi

When my mum was in Primary 4

4E Cheung Chun Ming, Douglas

I talked to my mum about her school life when she was in Primary 4. There were not any iPads in her school twenty years ago. In summer, there were not any air-conditioners in here school. My mum had to use a fan. There were not any computers in her school.

Nobody played electronic games in school. Everybody played Chinese chess and hopscotch in her class. Everybody rode a bike in her class. I like play electronic games.

My mum could go to school by herself. She could pack her school bag by herself. She could get dressed when she was six. I could get dressed when I was four.

Food School Newsletter
Advice on healthy diets
By Ho Wing Han, Cindy 4A

Nowadays we have a lot of food to choose. It is important for us to choose the food. We need to have a healthy diet.

We should eat more dairy products. Dairy products are good for us. We should eat more grain products too, because they are good for our health.

We should eat less junk food. Sugary food is bad for us. Too many sweets are bad for us. Soft drinks are bad for us too. Too much Coca-Cola is bad for us.

In conclusion, we should follow the Food Pyramid. Let's start to have a healthy diet!

Cindy

A newsletter article

By Lin Si Yu, Ivy 4D

KCBC Hay Nien (Yan Ping) Primary School

Nowadays students eat a lot of junk food. It is important for us to eat some healthy food.

Grain products are good for us because they give us energy. We need to eat more bread, rice, noodles, cereal and pasta every day. Dairy products are good for us because they make our bones and teeth strong. We need to eat more cheese and yoghurt every day.

Sugary food is bad for us because it is bad for our teeth and make us fat. It is a good idea to eat fewer sweets and less chocolate.

Let's eat well and be a smart pupil.

By Ivy

A story

By Ko Chun Yuet, Ullia 4D

Mike was a lazy boy. Last night, he played computer games late. He got up at eight thirty in the next morning. He missed the bus so he was late for school. He failed his English test. His uniform was dirty so his friends did not play with him. He was sad.

One day, Mike talked to Ben. Ben was a star pupil at school. He shared some tips with Mike. He went to bed at nine o'clock every night. He did revision three times a week. He changed his uniform four times a week.

Mike told himself, 'I ought to go to bed early every night and do English exercises every day. I ought to wash my uniform once a day. I can improve myself.'

'Ling! Ling! Ling!' Mike's alarm clock rang. He found out he was dreaming.

A story

By Lin Si Yu, Ivy 4D

Last night, Mike played computer games until twelve thirty at midnight. In the morning, Mike found himself getting up late. The bus has also left so Mike was late for school. When Mike got to his class, the teacher said, 'You failed your English test!' Then his classmates said, 'Mike, your school uniform is dirty. I don't want to play with you.' Mike felt sad.

The next day, Mike never got up late and he would also change his school uniform every day. His classmates played with him again. Moreover, he read English books every day. His English test improved a lot. His English teacher even praised him in front of the whole class.

A story

By Wong Shun Lok, Hoven 4D

Mike was very lazy and untidy. He played computer games late last night. Then he got up at eight thirty in the morning. He missed the bus so he was late for school. Then Mike failed his English test. Besides that, Mike's uniform was dirty so his classmates did not play with him. Mike was sad.

Mike decided to change his bad habits. He did more revision. He slept earlier and set the alarm clock. He changed his uniform once a day. He also read English books every day.

He became a clean and tidy boy. His friends played with him. He also passed his test. His teacher was happy.

An email

By Lee Ka Po, David 4D

To: tom1234@gmail.com

From: s17233@hnyu.edu.hk

Subject: Our trip

Hi Tom,

We are going to have a school holiday next Monday. I would like to visit some places with you.

In the morning, we will go to the Peak. We can get there by bus. We will go hiking and take the Peak tram.

In the afternoon, we will go to Ocean Park. We will play on the rides and take the cable car. We can get there by bus.

In the evening, we will go to Sai Kung. We will go water sports and eat seafood. We can get there by MTR.

Can we meet at Sunshine Hotel at 9:00 a.m. next Monday?

I am looking forward to seeing you.

From,

David