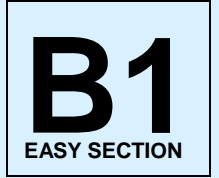




2017/18-ME
ENG LANG

PAPER 3
PART B1

HOK YAU CLUB
HONG KONG MOCK EXAMINATION 2017/18



ENGLISH LANGUAGE PAPER 3

PART B1

DATA FILE

GENERAL INSTRUCTIONS

(1) Refer to the General Instructions on Page 1 of the Question-Answer Book for Part A.

INSTRUCTIONS FOR PART B1

- (1) The Question-Answer Book for Part B1 is inserted into this Data File.
- (2) For Part B, attempt **EITHER** those tasks in Part B1 (Tasks 5 – 7) **OR** those in Part B2 (Tasks 8 – 10).
- (3) You are advised to use a pen for Part B.
- (4) The Data Files will **NOT** be collected at the end of the examination. Do **NOT** write your answers in the Data Files.
- (5) Hand in only ONE Question-Answer Book for Part B, either B1 or B2, and tie it with the Question-Answer Book for Part A.

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Not to be taken away before the
end of the examination session

Part B

Situation

You are James Wong. You are the chairman of the Student Union. Your school is going to organise a Health Awareness Day next month. The event will focus on food hygiene, healthy diet and fitness.

Miss Leung, the Head of Science, is overseeing arrangements for the Health Awareness Day. There are a few things she wants you to do to help out.

You will listen to a conversation between Miss Leung and Mr. Lee about the Health Awareness Day.

Before the recording is played, you will have five minutes to study the Question-Answer Book and the Data File to familiarize yourself with the situation and the tasks.

Complete the tasks by following the instructions in the Question-Answer Book and on the recording. You will find all the information you need in the Question-Answer Book, the Data File and on the recording. As you listen you can make notes on page 3 of the Data File.

You now have five minutes to familiarize yourself with the Question-Answer Book and the Data File.

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Listening note-taking sheet for the Health Awareness Day

Date

Location

Food Safety

Email from Miss Leung to James Wong

To: jameswong@coolmail.com

Date: October 18, 2017

From: missleungkawing@hkinternationalcollege.com

Subject: Things to do

Dear James,

As you know, our school is holding a Health Awareness Day next month. We are going to make a brochure for all students, providing them with some useful information about different health issues.

Firstly, I would like you to write an article on our school webpage about the school's Health Awareness Day and things students should know when they cook without fire. You can refer to the memo I gave you for the details.

Secondly, a lot of teenagers nowadays are not aware of the importance of a healthy diet. Please write me an email outlining the health benefits of vitamins and fibre and whether western food is healthier in this respect.

Lastly, I have recently received a letter from the Secretary of the Education Department who is very worried about the low level of fitness among secondary school students in Hong Kong. Therefore, I would like you to prepare a factsheet about some general advice when doing exercise.

Miss Leung

Memo from Miss Leung

Hi James,

In your article, follow the outline below:

1. Begin by introducing Health Awareness Day. Mention the location, time and purpose of the event.
2. Since a lot of people are under the wrong impression that it is always safe to cook without fire, we should discuss cooking meat in the oven and microwave cooking. For each of the above, talk about the possible problems involved and give some advice on how to solve the problems.

Miss Leung 😊

Article from the *Victoria Harbour Inquirer*

Record temperatures lead to food poisoning

Five people were admitted to hospital after consuming meat items that had not been cooked at a high enough temperature. The reason was that they could not bear to turn up their ovens to a sufficiently high temperature because of the hot weather.

‘I should have turned the oven high up!’ said one victim.

Bernie Chong of the Hygiene Council of Hong Kong said that cooking meat at low temperatures is extremely dangerous. ‘Harmful bacteria in food can only be killed at high temperatures, which normally means at least 75 degrees centigrade. This is the temperature normally recommended for killing the *E. coli* bacterium.’ Mr Chong said that when people use ovens to cook, they should always use a cooking thermometer to ensure that meat is cooked to at least 75 degrees Celsius.

The new trend- Cooking without fire

Sam Mak

Here are two things I've seen my friends do when they cook without fire- you know who you are! - that you should definitely avoid doing.

1. Do not eat the food immediately after the microwave beeps. Interestingly, microwaves cook from the inside to the outside and the food needs a bit of time after it comes out of the microwave to finish cooking. You have to let microwaved food stand for a while to ensure that harmful bacteria are killed.
2. They trust their ovens and microwaves too much, and assume that everything that comes out of their microwaves and ovens has been perfectly cooked. They should use old-fashioned sense and check to see that the food, especially meat that is cooked in the oven, is cooked through. The simplest way is to use a knife or skewer to make sure that there is no blood at the centre of the meat, and that all parts of the microwaved food are well cooked.

Extract from FAQs in *Domestic Appliances Monthly*

Q: My husband and I are always busy at work, so we often use the microwave to cook. Is there anything I should be aware of when I use it?

A: Certainly. One of the biggest problems is that sometimes microwaves do not heat food evenly and some of the food can remain cold, allowing bacteria to grow. You should always rotate the food once or twice while microwaving to ensure that the food is cooked evenly.

by Dr David Rosen

SECTION 5

Fibre

A high fibre diet is also considered desirable as foods containing fibre have a number of health benefits. A few years ago, fibre was thought to be able to greatly reduce the amount of cholesterol in the body. Today this is less clear, but it is still possible that fibre can slightly reduce the amount of cholesterol in the body. Many scientists also believe that a high fibre diet can reduce the risk of colon cancer.

The western diet contains plenty of foods that are high in fibre. Cereals, bread and pasta, such as spaghetti and macaroni, are all excellent sources of fibre. Wholemeal or brown bread is much better in this respect than white bread. The same is true for pasta. Raw fruits and vegetables are other components of a typical western meal that have a high fibre content.

Memo from Dr. Joan Shum, Senior Medical Adviser to the Education Department

Memo

To: CM Lee

From: Dr. Joan Shum

Date: 26th April 2012

Re: Tips on doing exercise

You are no doubt aware of a number of recent incidents in which students have been taken ill after doing strenuous sporting activities at school. I am sending you some preventative medical advice to avoid a repetition of this.

It is found that the students falling ill did not drink plenty of water before and after exercise. Besides, some of them wore plastic clothing when doing exercise, which is very dangerous as it prevents heat escaping and increases body temperature. Make sure you wear suitable clothing when you exercise.

One last thing, we should try to exercise from 3 to 5 times a week, and for 20-30 minutes each time- that's the only way to ensure that they will stay fit and healthy.

Rice is out with teens

Think of China and you think of rice. Well, think again. To the alarm of the city's health professionals, a recent report shows a marked preference among teenagers for less wholesome foods instead of rice.

'This is worrying, not simply for cultural reasons, but because of health,' says Dr Camilla Chau of Kowloon University Medical School. 'Rice is an excellent source of fibre and is low in fat. A high consumption of rice is one of the reasons why the traditional Cantonese diet is so healthy.'

The report also suggests that many Hong Kong youngsters are not getting enough vegetables. 'Chinese green vegetables such as *choi sum* and *bak choy* have traditionally been good sources of fibre in the Chinese diet.'

Too many pills

When the parents of 15-year-old Lindsay Curtis found she was spending US\$25 (HK\$195) a day on 24 different kinds of vitamin pills, they threatened to withhold her pocket money unless she promised to overcome her 'addiction'.

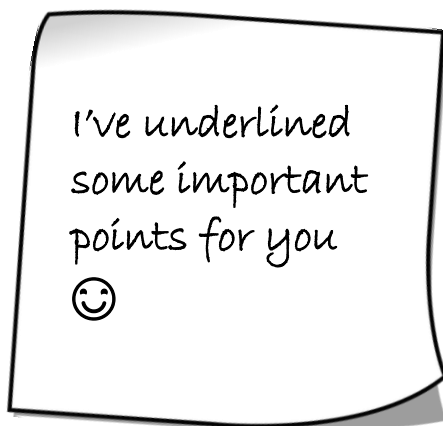
The case highlights a controversial area. Are vitamin supplements necessary? It is true that vitamins are essential for the normal functioning of the body and the lack of a specific vitamin for a prolonged period of time will cause a disease or condition. However, many doctors argue that they are not necessary. Dr Sandy Cheng of the Kowloon University Medical School, for example, says, 'a healthy person eating a balanced diet with plenty of fresh vegetables and fruit has no need at all to take vitamin pills. Both Chinese and western food allows for a balanced, vitamin-rich diet. Chinese food is rich in vitamins due to the high quantity of seafood and green vegetables. In western countries, fruit juices and salads are excellent sources of vitamins.'

by Dr. Brain MacFarlane

There are some areas to pay attention to for the sake of your safety when doing exercise. If you are running, for example, it is essential to have a good pair of running shoes that are designed for running. This doesn't mean that you necessarily need to spend a lot of money. However, they must have good support for the arch of your foot and a thick, padded heel. Wearing unsuitable footwear is one of the most common causes of injury when running.

Before you start any demanding physical exercise, it is important to have a warm-up period of five to ten minutes. This reduces the possibility of injury when you start exercising. Many experts also recommend a cool-down period afterwards. For example, if you have been running, you could slow down to a jog or walk for the last five minutes.

The time of day you exercise doesn't matter much. You can exercise when it best suits you. However, some people exercise immediately after they have a full meal, and this can cause vomiting.



Partial transcript of a radio interview about sports

**Partial transcript of an interview with Mr. Raymond Wong, Head of the Physical Education Department
at West Kowloon Teacher Training College**

Interviewer: What sort of activities would you recommend to students?

Mr. Wong: If they are already doing some exercise, they should join a club or a course to make it a regular part of their week. They could also take up an activity like running or swimming to supplement their exercise routine.

Interviewer: Now what about students who are currently not taking any exercise at all?

Mr. Wong: They should decide what type of activities suits them best and make it a part of their routine. For some people, ball games are the best because they need the training of the discipline of a fixed time frame; they can't stop until the game finishes. Basketball, badminton, soccer and so on are all good because of this. In fact, they're so popular that it can be difficult to book a court or pitch, which can be a problem. On the other hand, some students are not so keen on competitive sports. For them, a sport like swimming is ideal.

Interviewer: The great thing about swimming, of course, is that it offers muscular exercise.

Mr. Wong: Quite right.

Interviewer: I think of a friend who was a beginner exerciser and got injured because he ran too fast. In fact, we should not take up any strenuous exercise without a medical examination.

Mr. Wong: That's right.

Interviewer: Thank you for your time, Mr. Wong.

THIS IS THE LAST PAGE OF THE PART B1 DATA FILE

Sources of materials used in this paper will be acknowledged in the *Question Papers and Examination Reports* published by Hok Yau Club at a later stage.