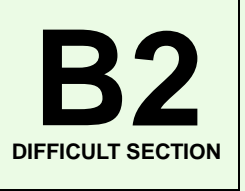




2017/18-ME  
ENG LANG

PAPER 3  
PART B2



HOK YAU CLUB  
HONG KONG MOCK EXAMINATION 2017/18

## ENGLISH LANGUAGE PAPER 3

### PART B2

### DATA FILE

#### GENERAL INSTRUCTIONS

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

#### INSTRUCTIONS FOR PART B2

- (1) The Question-Answer Book for Part B2 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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**Details of 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.

First, I would like you to write a featured article for the school brochure on the subject of food hygiene at home. This will be distributed on the school's Health Awareness day to raise students' awareness of safety matters. Please refer to your notes from the meeting between Mr. Lee and me as well as the email forwarded to you earlier regarding food safety.

Also, Mr. Lee is concerned about our diet. He would like you to send an email to him regarding the health risks associated with the consumption of fat and salt. Mr. Lee said he would send you a message on WhatsApp to give you some ideas.

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. He told me that the physical fitness among teenagers in Hong Kong had declined significantly since 1989. Therefore, I would like you to write an article discussing the fitness problems in Hong Kong and the benefits of doing exercise. You may find your notes from the meeting useful. Write an interesting heading to attract students to read the article.

*P.S. Don't forget to encourage the students to come to the Health Awareness Day at the end of the article.*

Miss Leung

**Email forwarded to James**

To: missleungkawing@hkinternationalcollege.com

Date: October 12, 2017

From: mrleekaho@hkinternationalcollege.com

Subject: Brochure: Food safety

Hi Miss Leung,

The first article in the brochure should be about food safety. It is something we should all be very aware of but I just realised that a lot of people, especially young people, are quite ignorant about it.

I suggest that we should include the following topics in the featured article:

1. refrigeration
2. pests
3. handling raw meat

For each of the topic, we should identify the possible problems involved, state what the Hong Kong Government has done to address the problems and give some advice on how to tackle the problems.

Regards,

Mr. Lee

### WhatsApp messages from Mr. Lee

October 28, 2017

Hi James! 20:00

Hey! 20:00

We are going to make a presentation regarding healthy diet in Hong Kong on the school's Health Awareness Day. Therefore, I would like you to do some research and write an e-mail to me about the health risks associated with salt and fat, the foods that people in Hong Kong eat - in the past and present - that are high in salt and fat and explain whether western food is healthier in this respect. 20:03

Make sure you put a subject line or it will go to the junk box. 😊 20:04

### Article from the *Victoria Harbour Inquirer*

#### **Refrigerator- always a safe choice?**

Mr. Chong pointed out that people must make sure that their refrigerator temperature is low enough. 'Often people don't pay attention to the temperature in their refrigerators. This is a real danger, because food can go bad quickly if a refrigerator is not cold enough - for example, if the refrigerator temperature is set too high, if it's not working properly or if it's being opened too frequently. Again, the key is to buy a thermometer for the refrigerator. We recommend that people keep their refrigerator at a level of between 1 and 4 degrees Celsius.'

In other words, people should pay more attention to temperatures in the kitchen, even when they are tired of thinking about the temperature outside.

**Handling raw meat**

Sophie Lee's letter (*Hong Kong Morning Express*, 16<sup>th</sup> April) concerning hygiene at certain establishments prompts me to write about circumstances at a recent charity barbecue on Lantau Island. In their enthusiasm, the people at the barbecue were putting cooked meat and poultry on unwashed plates that had been used to hold raw meat. Now, this is something that should never be done. Bacteria in the juices from raw meat will be transferred to cooked food if the two come into contact.

I had to remind them of the importance of keeping uncooked or raw items and cooked items in separate containers.

DR MICHAEL CHIU

Senior Lecturer, Department of Food Hygiene

University of the New Territories

**The Hygiene Council Of Hong Kong**  
**Homepage about hygiene issues in the workplace and at home**

The Hygiene Council of Hong Kong aims to promote awareness in Hong Kong of hygiene issues both in the workplace and at home.

Bulletin Board

The Hygiene Council would like to draw your attention to the following important hygiene issues.

*- 'Best before' dates on food*

Hong Kong law requires all food which requires freezer or refrigerator storage to carry a date indicating by which date the food ought to be consumed. On dairy products and meats this will normally be indicated by the words 'Best before' followed by a date. If you are aware of frozen or refrigerated food being sold without such a date, please contact The Hygiene Council.

*- Chopping boards and knives*

Even though the cuts in the wooden chopping board surface might look attractive to some people, they can become a home to bacteria. While this is not a problem if a wooden chopping is used exclusively for cutting bread or vegetables, it can be a hazard when cutting uncooked animal products. Raw meat and fish, therefore, should be cut only on a plastic board rather than a wooden one.

When chopping up raw meat and poultry, you also have to remember to wash both knives and chopping boards thoroughly to stop juices from raw meat from contaminating other foods such as salad, which are eaten raw.

*- Kitchen surface*

Many people face an insect problem in their buildings and are well aware of the danger to human health that insects pose. Chemical sprays are a good way of dealing with kitchen pests. However, we would remind people that they should not spray insecticides on or near surfaces (such as kitchen tables) that are used for preparing food.

*The Hygiene Council of Hong Kong is a non-governmental organization with charitable status.*



**Government Information Agency Pamphlets**

The Government Information Agency would like to draw the public's attention to the following list of recently released pamphlets that are part of its Health and Safety series of publications. They may be purchased in person or ordered from the address given below. If ordering by post, make sure you include the publication's reference number.

Domestic Bleaches and other Chemicals in the Home ( <i>ref. no. GIA/hss/006734</i> )	HK\$28
Pets in the Home ( <i>ref. no. GIA/hss/006533</i> )	HK\$52
Safety Guidelines for Home Decorating ( <i>ref. no. GIA/hss/006764</i> )	HK\$28
Handling Raw Fish, Meat and Poultry ( <i>ref. no. GIA/hss/006697</i> )	HK\$35
Ventilation for Gas Appliances ( <i>ref. no. GIA/hss/006733</i> )	HK\$25

Pamphlets may be purchased at the Government Stationery Office, Government Building, 338 Gloucester Road, Wan Chai. They may also be ordered by post from the same address. Add HK\$25 handling charge for each title ordered by post.

**Extract from FAQs in *Domestic Appliances Monthly***

**Q:** Does it matter how much food I put in my refrigerator?

**A:** Yes, it does. It is important that you do not overstock your refrigerator as this can sometimes reduce its ability to keep food cold. It is also important for you to rotate the stock of food in your refrigerator so that older stock is used up first. We know that this is true for restaurants, with their large freezers, but it is equally true for the home.

**Extract from Eating Well and Staying Healthy**

**by Dr David Rosen**

**SECTION 4**

Fats

To many people, fat is synonymous with obesity. However, we all need a certain amount of fat in our daily food. Having said that, it is important that we try to avoid eating too much fat and the wrong kinds of fats.

There are essentially two kinds of fats found in our foods: saturated fats found in some kinds of vegetable oil - such as coconut and palm oil - animal fats and butter, and unsaturated fats found in some cooking oils such as corn oil and olive oil.

When you use fats in cooking, it is better to use unsaturated fats since these are considered to be healthier than saturated fats, which can raise the level of cholesterol in blood and lead to heart disease. However, all fats, if taken in large quantities, can lead to extra body fat, and this can cause high blood pressure and diabetes.

The traditional western diet has tended to be rather high in fat content, due to the widespread use of fatty meats such as beef, the central role played by dairy products and the practice of frying most foods, often using saturated animal fats.

It is, therefore, a good idea to try to reduce your intake of fatty meats such as pork and beef, and of dairy products, which also contain high levels of saturated fats. Unsaturated olive oil is the healthiest type of oil for salads and for cooking.

### **Salt: the great debate**

A few years ago, the newspapers were full of articles about the ‘white death’. Doctors warned that if you put too much salt on your food, you risked dying of a stroke.

Now the medical profession seems divided. Some in the medical profession still believe in the relationship between salt and high blood pressure. Since high blood pressure is a major cause of strokes, these doctors also believe that a high salt intake may result in a stroke. As with many things, common sense can go a long way to answering the question.

If medical opinions are divided on whether something is dangerous or not, it seems wise to keep our intake to moderate levels.

However, this is easier said than done. The modern western diet contains a high proportion of processed food - just ask yourself how many cans you have opened this week, or what you have currently in your freezer, and you’ll get the point. Processed foods are very high in salt and, not surprisingly, most of the salt we eat comes from these processed foods.

I was interested to read your article ‘Salt: the great debate’, and I would generally support the advice of the author.

I would also like to add a couple of points about salt and Chinese food. Many people think, quite wrongly, that Chinese food contains less salt than western food simply because it is not normal to add salt to Chinese food when it is on the table. However, we do, in fact, add considerable quantities of salt to our food in the form of soy sauce and other sauces and seasonings.

At the same time, more and more processed foods are finding their way into the Chinese diet. Few people make their own dim sum these days. If they eat it at home, it is likely to be frozen. Just look at the ingredients and you will find that these processed Chinese foods contain a lot of salt. Once you dip your *siu mai* or *har gow* into a dish of soy sauce, you are taking in even more salt.

The answer to keeping your salt intake to reasonable levels when eating Chinese food is the same as when you are eating western food or any other kind of food. Food made in the home from fresh ingredients is by far the best. You can control how much salt and other possibly harmful additives go into it.

*DR CH YEUNG*

Hong Kong School of Nutrition

### **Honey, I've blown up the kids**

Hong Kong children and adolescents have lost an advantage enjoyed by the Cantonese for hundreds of years - their traditional village diet, according to research by scientists at Kowloon University. 'The traditional Chinese diet was well-rounded and offered the body everything it needed. Most importantly, the diet in the old days was low in fat. People didn't eat fatty meats like pork and chicken wings, but rather low-fat items like fish,' says Dr. Amelia Lau, lecturer at Kowloon University.

According to Dr. Lau, as Hong Kong became a wealthy city, things changed. Economic success means that foods that are high in fat and which were once reserved for special occasions - roast pork and chicken wings - are now eaten daily.

In addition, dairy products, once virtually absent from the Cantonese diet, are now commonplace in the Hong Kong diet, particularly so in the diets of Hong Kong children. Milk was originally introduced into Hong Kong with the intention of strengthening children's bones by increasing calcium levels. The high quantities of dairy products now consumed by young people in Hong Kong may be doing more harm than good, since they are high in saturated fats.

While dairy products are a ready source of calcium, Dr. Lau says they are not the only source. Leafy green vegetables such as broccoli, *choi sum* and *bak choy*, as well as soya bean products, are also excellent sources.

In the past 5 to 10 years, the explosion in the number of western fast-food outlets has led to another problem. People are eating fattier western fast foods. The increasing work hours for both parents and the growing reliance on domestic helpers mean that children's diets often go largely unsupervised by their parents. Some children eat a McDonald's meal virtually every day. Meanwhile, teenagers who are increasingly westernised are also taking part in the fast-food eating trend. 'The older generation followed a much healthier diet.'

Interviewer: Now we've talked about some of the physical advantages of doing exercise. What about the psychological reasons for taking regular exercise?

Shan Shan: OK. There are a number of them. Firstly, exercise tends to make people more enthusiastic and optimistic for the simple reason that they have more energy.

Interviewer: So, do they gain a better self-image?

Shan Shan: Yes. Besides, they have a more positive idea about themselves.

Interviewer: Did you ever have any setback in your career?

Shan Shan: I certainly did. However, windsurfing is not merely a matter of winning and losing. Now I am confident of myself in facing different tournaments ahead and I am courageous enough to accept losses in the years to come. These are important attitudes I have acquired through windsurfing.

Interviewer: OK. Well, that was Hong Kong's Olympic wind-surfer, Shan Shan. Thanks very much.

Shan Shan: You're very welcome.

*Article in Hong Kong Herald, February, 2017*

### **Inactivity in youth**

According to a number of reports on the physical fitness of Hong Kong students, around half of the students do not get enough regular physical exercise. Another found that physical fitness among teenagers had declined significantly since 1989.

Lack of exercise when you are young significantly increases the risk of heart disease in later life, according to scientists.

The Health Department's Head of Youth Research, Dr. Milton Chang, said, 'Even though heart attacks and strokes are rare in young people, evidence suggests that the process leading to those conditions begins in youth.'

Dr. Chang said, 'it is vital for young people to get into the habit of taking regular exercise so that they stay active when they get older, it can help avoid heart disease and other health problems later in life.'

Dr. Chang was speaking at a conference on young people's health organised by the Schools' Health Foundation.

*Poster from South China Boat Club*

**SOUTH CHINA BOAT CLUB**

Explore the pleasures of the sea!

Boats of all sizes available for hire and advice for beginners given.

All age groups, from juniors (11 –18) to old sea dogs (over 60s), welcome.

Also – just introduced – special beginners' courses in windsurfing!

Windsurfing helps enhance your upper-body muscle development more than any other sport.

Free membership for pensioners plus 50% off boat hire rates.

*Poster for Hong Kong and Kowloon Hikers*

**Hong Kong and Kowloon Hikers**

Isn't it time to change your life?  
Isn't it time to quit TV and video games?  
Isn't it a good idea to have a relaxing break while at the same time  
enjoying the best nature has to offer?

So why not come along to a Hong Kong and Kowloon Hikers walk  
on Sunday morning and experience the breathtaking view of the hills and lakes  
and enjoy the fresh air?

**Hiking ... the best exercise to get rid of stress!**

For more details, contact Gerald Yim, Hong Kong and Kowloon Hikers,  
PO Box 662, Lamma Island Post Office.

*\* Participants should wear light clothing when hiking.*

**THIS IS THE LAST PAGE OF THE PART B2 DATA FILE**

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