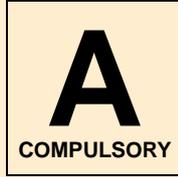




2017/18-ME
ENG LANG

PAPER 3
PART A



HOK YAU CLUB
HONG KONG MOCK EXAMINATION 2017/18

ENGLISH LANGUAGE PAPER 3

PART A

Question-Answer Book

GENERAL INSTRUCTIONS

- (1) There are two parts (A and B) in this paper. All candidates should attempt **ALL** tasks in Part A. In Part B, you should attempt either Part B1 (easier section) OR Part B2 (more difficult section). Candidates attempting Parts A and B2 will be able to attain the full range of levels, while Level 4 will be the highest level attainable for candidates attempting Parts A and B1.
- (2) Write your Candidate Number and stick barcode labels in the spaces provided on the appropriate pages of Part A Question-Answer Book and both Part B Question-Answer Books.
- (3) Write your answers clearly and neatly in the spaces provided in the Question-Answer Books. Answers written in the margins will not be marked. You are advised to use a pencil for Part A.
- (4) All listening materials will be played **ONCE** only.
- (5) Supplementary answer sheets will be supplied on request. Write your Candidate Number, mark the question number box and stick a barcode label on each sheet and fasten them with string **INSIDE** the Question-Answer Book.
- (6) The rough-work sheets provided are for you to take notes. They will be collected separately and will not be marked.
- (7) No extra time will be given to candidates for sticking on the barcode labels or filling in the question number boxes after the 'Time is up' announcement.
- (8) The two Question-Answer Books attempted by candidates (one for Part A and one for Part B) will be collected together at the end of the examination. Fasten the two Question-Answer Books together with the green tag provided.
- (9) The other unused Question-Answer Book for Part B will not be collected separately at the end of the examination. This will not be marked. Do not write any answers in it.

Please stick the barcode label here.

Candidate Number																			
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Part A**Situation**

There is a talk at your school about a new work-experience scheme. Your teacher, Miss Lee is the host of the talk and wants the whole class to attend it. To make sure everyone is paying attention, she has designed a set of worksheets for you to complete.

In Part A, you'll have a total of four tasks to do. Follow the instructions in the Question-Answer Book and in the recording to complete the tasks. You'll find all the information you need in this Question-Answer Book and the recording. You have 2 minutes to familiarise yourself with Task 1 - 4.

Please stick the barcode label here.

Task 1 (11 marks)

Miss Lee is now interviewing Marina and Charles who work for Masterbank and AsiaInland respectively. Complete the notes by filling in the missing information in the spaces provided.

You will have 30 seconds to study the task. At the end of the task, you will have one and a half minutes to tidy up your answers.

I. Who set Daywork up?

(1) _____ and (2) _____

II. How Daywork works:

- The objective of the organisation is to provide (3) _____ for (4) _____.
- Students from (5) _____ to _____ can take part.
- They will be able (6) _____ as part of (7) _____.
- They will spend (8) _____ for the course in (9) _____.
- They will receive (10) _____ and (11) _____ at the end of the programme.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

END OF TASK 1

Task 2 (15 marks)

Marina and Charles are talking about information of the companies they work for. Complete the information sheet below.

You have 30 seconds to study the note sheet below. At the end of the task, you will have one and a half minutes to tidy up your answers.

Information Sheet

	AsiaInland	Masterbank
Nature of business:	● (12) _____	● (13) _____
No. of employees:	● (14) _____	● (15) _____
Work:	● (16) _____	● (17) _____
Personal qualities:	● outgoing ● (18) _____	● calm ● (19) _____
% of drop out:	● (20) _____	● (21) _____
Reasons for drop out:	● They are (22) _____. ● They find the (23) _____ too much to handle.	● They fall behind (24) _____. ● They make too many (25) _____. ● They are (26) _____.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

END OF TASK 2

Task 3 (15 marks)

Three students are interested in the content about Daywork. Complete the information form below.

You have 30 seconds to study the note sheet below. At the end of the task, you will have 30 seconds to tidy up your answers.

- Dominic Chow wants to know if exam results are (27) _____.

MasterBank looks for candidates who have practical qualities such as

(28) _____ and (29) _____.

Through taking part in the programme, many participants have shown some

(30) _____ in exam results as they tend to be more

(31) _____.

- Anna Wu is worried about (32) _____.

(33) How the programme can benefit students? Put a cross in the relevant boxes.

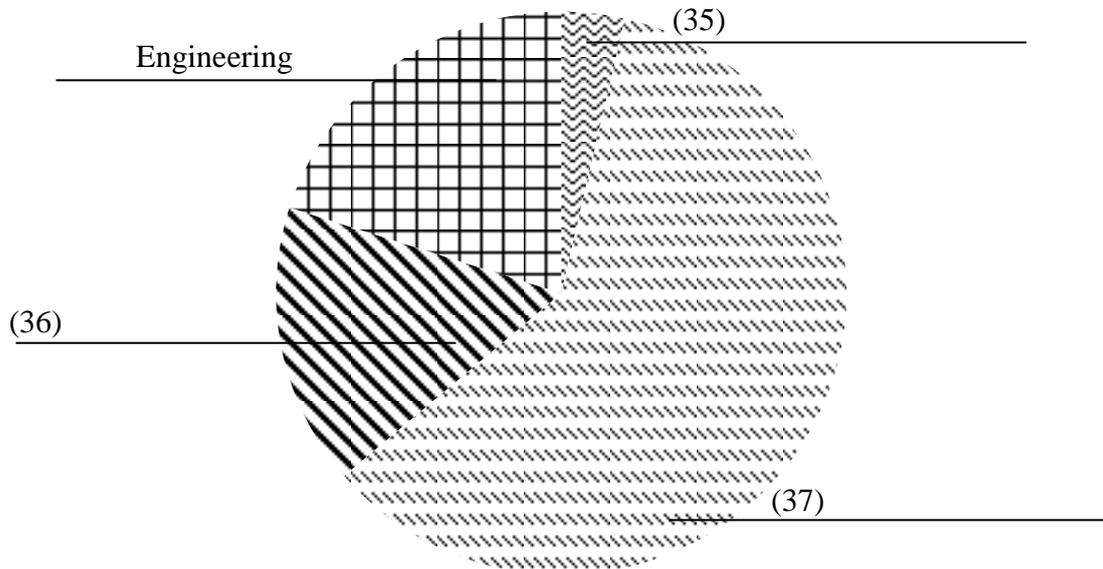
- they work harder
- they get on with their classmates
- they enjoy working
- they become more efficient

- Tina Chan wants to know if the companies on the scheme are (34) _____.

Answers written in the margins will not be marked.

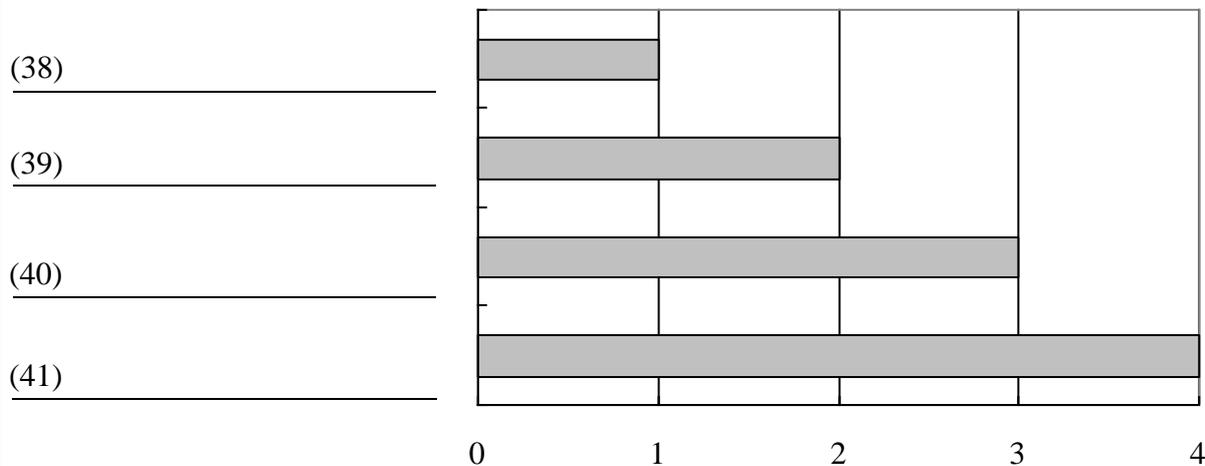
Answers written in the margins will not be marked.

Types of companies in the scheme:



Professions of ex-AsiaInland trainee students:

Write the names of the professions in the correct bars.



Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

END OF TASK 3

Task 4 (13 marks)

Three more students are interested in the content about Daywork. Complete the information form below.

You have 15 seconds to study the table below. At the end of the task, you will have 30 seconds to tidy up your answers.

- What does Robert Fan want to know about the scheme?

(42) _____

What are the changes in Hong Kong?

(43) _____

(44) _____

What is the result of these changes?

(45) _____

Problems in schools:

Students don't see the relevance of their studies to future life.



(46) _____



(47) _____



Teachers lose confidence

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

- What is Gloria Wilson’s concern?

(48)

Who do students consult at AsiaInland?

(49)

Why do the members of staff welcome the students at AsiaInland?

(50)

Who do students consult at Masterbank?

(51)

How do the members of staff feel about the students at Masterbank?

(52)

- What is the concern of Collin Harper?

(53)

Why can’t Masterbank offer students a lot of money?

(54)

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

END OF TASK 4

End of Part A

Now go on to Part B

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.

Answers written in the margins will not be marked.

1. Oven

25

30

2. Microwave

35

40

Answers written in the margins will not be marked.

END OF TASK 5

Task 6: E-mail (18 marks)

Write an email to Miss Leung using information from the B1 Data File. Write about 150 words.

To: missleungkawing@hkinternationalcollege.com
From: jameswong@coolmail.com
Date: 5 November, 2017
Subject: _____

Dear Miss Leung,

5

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Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

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Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

END OF TASK 6

Task 7: Factsheet (18 marks)

Complete the factsheet using information from the B1 Data File.

Do-s...	Don't-s...
1. _____ before you start doing any exercise to avoid injuries.	1. exercise _____ _____ _____
2. _____ to avoid dehydration.	2. wear _____ _____
3. _____ regularly. I suggest _____ _____ _____	such as plastic clothing.
3. do _____ _____ without a _____ _____	
4. join _____ _____ _____	
5. take up _____ _____ _____	
6. _____ _____ _____	

Answers written in the margins will not be marked.

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END OF TASK 7

END OF PART B1

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Candidate Number									
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**HKME 2017/18
ENGLISH LANGUAGE
PAPER 3 PART B2
Question-Answer Book**



Task 8: Featured article (18 marks)

Write a featured article for the school brochure using information from the B2 Data File and your notes. Write about 150 words.

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Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

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Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

END OF TASK 8

Please stick the barcode label here.

Task 9: E-mail (18marks)

Write an e-mail to Mr. Lee using information from the B2 Data File. Write about 150 words.

To: mrleekaho@hkinternationalcollege.com
From: jameswong@coolmail.com
Date: 5 November, 2017
Subject: _____

Dear Mr. Lee,

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Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

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Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

END OF TASK 9

Task 10: Article (18 marks)

Write an article to encourage students to exercise using information from the B2 Data File and your notes.

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Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

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Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

END OF TASK 10

END OF PART B2

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Answers written on this page will not be marked.



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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5. Article from Good Homemaker magazine	6
6. Extract from FAQs in Domestic Appliances Monthly	6
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8. Memo from Dr. Joan Shum, Senior Medical Adviser to the Education Department	7
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11. Extract from The Complete Book of Physical Fitness	9
12. Partial transcript of a radio interview about sports	10

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'.

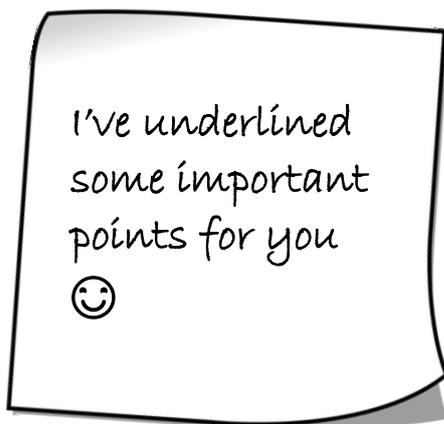
The case highlights a controversial area. Are vitamin supplements necessary? It is true that vitamins are essential for the normal functioning of the body and the lack of a specific vitamin for a prolonged period of time will cause a disease or condition. However, many doctors argue that they are not 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.



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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end of the examination session

Part B

Situation

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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.

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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*, 16th 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.*

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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.