

		Buddhist Chi King Primary School	
Composition 8 Text types: Narratives	Staying Healthy	Name:	Wong Tsun Long (30)
		Class:	P. 4 (D)
		Date:	_____, 2018
		Marks:	_____

After reading the passage, Paul writes to the school newsletter. He wants to suggest ways to keep a person healthy. **You are Paul.** Write about 70 words. Give examples.

Staying Healthy

It is more important to keep ourselves healthy than to just look good. If we are not healthy, we will get sick easily. I want to suggest ways to keep us healthy.

First, we need to eat food that is good for us. Grain products can give us energy because it has fibre. We need to eat more grain products. We also need to eat fruit and vegetables because they have vitamins and minerals. We should eat more of them such as apples and carrots too.

However, some foods are bad for us if we eat too much. Meat and fish make us strong but too much can make us fat. We should eat less meat. Fish has less fat so it is better to eat fish. Junk food is high in sugar, salt and oil. We should eat less junk food such as sweets and French fries.

Language Focus:	
We need tois good for us...
It is a good idea tois bad for us.....
It is better to	

Put a '✓' when you check your writing.

Skills	Self-evaluation
<i>Use different phrases to give advice.</i>	
<i>Write grammatical sentences with correct punctuation.</i>	
<i>The use of appropriate connectives, e.g. First, Next, both, etc</i>	

Content	5 /5
Language	2.5 /3
Organization	2 /2
Total	9.5 /10

Appreciation	Needs to be improved
(✓) Fluent writing	() Spelling
(✓) Rich vocabulary	() Tenses
(✓) Creative ideas	() Singular /Plural forms
() Wonderful content	() Preposition
(✓) Well-structured	() Use more suitable words
() Punctuation	() Content needs to be more coherent

Other Comments:

Well done! A piece of good expository writing!
 good use of structures / topic sentences / vocabulary
 well organised!

P.3
The End

Keep up with your
good work! :))

Sophisticated and
stylish!

		Buddhist Chi King Primary School	
Composition 8 Text types: Narratives	Staying Healthy	Name:	_____ ()
		Class:	P. 4 ()
		Date:	_____, 2018
		Marks:	_____

After reading the passage, Paul writes to the school newsletter. He wants to suggest ways to keep a person healthy. **You are Paul.** Write about 70 words. Give examples.

Staying Healthy

It is more important to keep ourselves healthy than to just look good. If we are not healthy, we will not have a healthy body. Now, I want to suggest ways to keep us ~~person~~ healthy.

First, we should eat more good food. It is a good idea to eat more grain products, vegetables and fruit and dairy products such as bread, broccoli, apples and milk. They are good for us because they can give us energy, minerals, vitamins and proteins respectively.

However ^① Then, empty food is bad for us. It is a good idea to eat less fried food, soft drinks and sugary food like fried chicken wings, cola and sweets. Too much sugary food is bad for our teeth too. *Furthermore*, fried food ^{is} ~~is~~ bad for us.

Other than eating right, we also need to have healthy daily habits. We have to sleep early. *We should* ~~to~~ sleep eight hours everyday. *Meanwhile* ^② It is better to do more exercise such as ball games and *going* ~~swimming~~ everyday.

Furthermore,

Language Focus:	
We need tois good for us...
It is a good idea tois bad for us.....
It is better to	

Put a '✓' when you check your writing.

Skills	Self-evaluation
Use different phrases to give advice.	
Write grammatical sentences with correct punctuation.	
The use of appropriate connectives, e.g. First, Next, both, etc	

Content	4.5/5
Language	2.5/3
Organization	7/10
Total	9/10

Appreciation	Needs to be improved
(✓) Fluent writing	() Spelling
() Rich vocabulary	() Tenses
() Creative ideas	() Singular /Plural forms
() Wonderful content	() Preposition
(✓) Well-structured	(✓) Use more suitable words
() Punctuation	() Content needs to be more coherent

Other Comments:

food work!

Well organised!

With good advice to tell how to eat healthily!

— Use more structures to develop your writing