

ENGLISH LANGUAGE (SYLLABUS B) PAPER 3
Question-Answer Book

INSTRUCTIONS

- Write your Candidate Number, Centre Number and Seat Number in the boxes provided.
- Answer **ALL** questions.
- Write your answers clearly and neatly in the spaces provided in this Question-Answer Book. You should use a pencil for Part A and a pen for completing the tasks in Part B.
- For multiple-choice questions, choose only **ONE** answer for each question. Two or more answers will score **NO MARKS**.
- All listening materials will be played **ONCE** only.
- When the radio broadcast ends, you will be given one hour to complete Part B. You are advised to allocate your time approximately as follows:

| | |
|--------|------------|
| Task 1 | 5 minutes |
| Task 2 | 15 minutes |
| Task 3 | 40 minutes |
- The Data File will **NOT** be collected at the end of the examination. Do **NOT** write your answers in the Data File.
- Supplementary answer sheets will be supplied on request. Write your Candidate Number on each sheet and fasten them with string **INSIDE** this Question-Answer Book.
- The rough-work sheets provided are for you to take notes. They will be collected separately and will not be marked.

| | | | | | | | | | |
|------------------|--|--|--|--|--|--|--|--|--|
| Candidate Number | | | | | | | | | |
| Centre Number | | | | | | | | | |
| Seat Number | | | | | | | | | |

| | |
|--------------------------|----------------------------|
| Marker's Use Only | Examiner's Use Only |
| Marker No. | Examiner No. |
| | |

| | | | | |
|--------------|--|--|--|--|
| A1 | | | | |
| A2 | | | | |
| A3 | | | | |
| A4 | | | | |
| Part A Total | | | | |

| | | |
|--------------------|--------------|--|
| Checker's Use Only | Part A Total | |
|--------------------|--------------|--|

| | | | | |
|--------------|--|--|--|--|
| B1 | | | | |
| B2 | | | | |
| B3 | | | | |
| Part B Total | | | | |

| | | |
|--------------------|--------------|--|
| Checker's Use Only | Part B Total | |
|--------------------|--------------|--|

| | |
|-------------|--|
| Checker No. | |
|-------------|--|

PART A (10% of the subject mark)

Section 1 (6 marks)

In this section, you will hear a question followed by a conversation. Look at the information provided and the four possible answers. Choose the best answer and write the appropriate letter – A, B, C or D in the box provided. You have 30 seconds to study the questions.

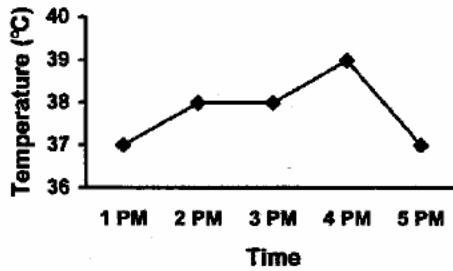
1. Describing pain to the doctor

- A. stomach
- B. tongue
- C. throat
- D. head

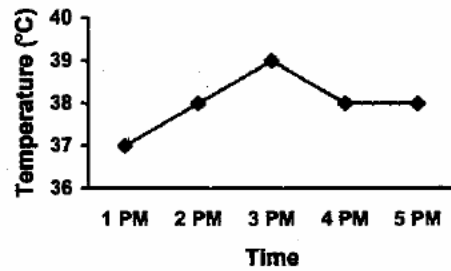
1.

2. Temperature charts

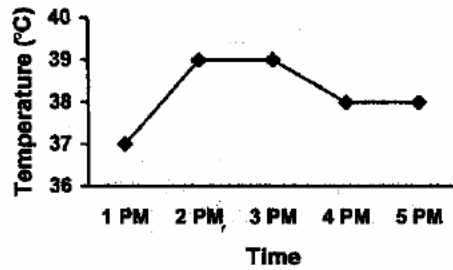
A.



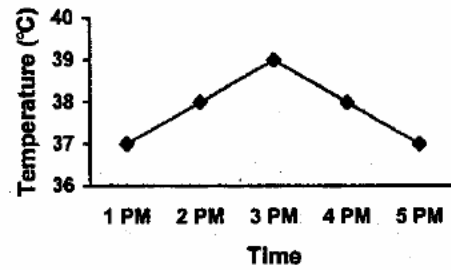
B.



C.



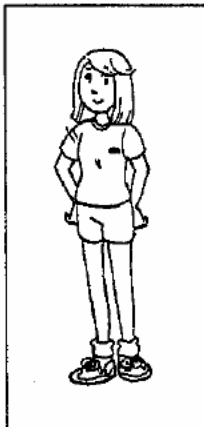
D.



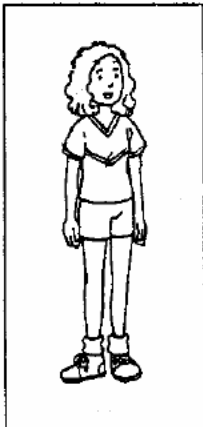
2.

3. Recognising a person

A.



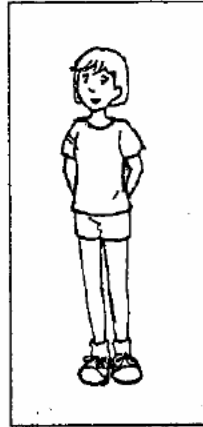
B.



C.

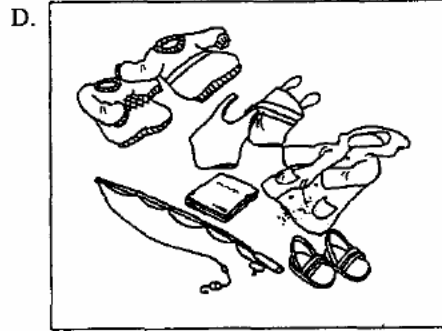
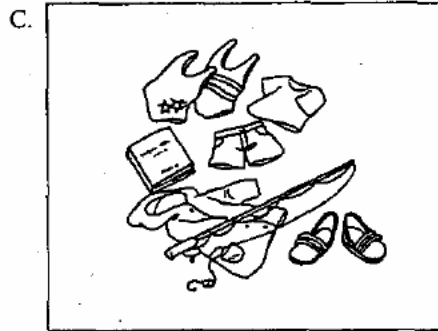
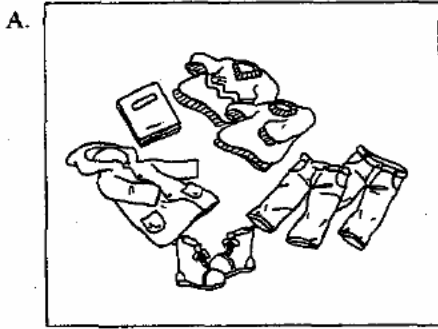


D.



3.

4. Packing for a holiday



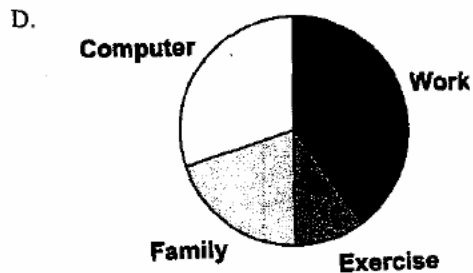
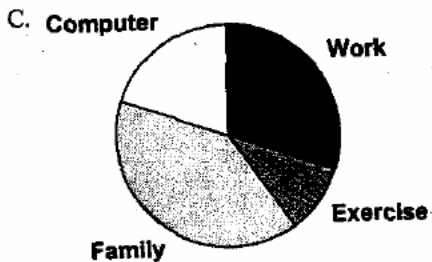
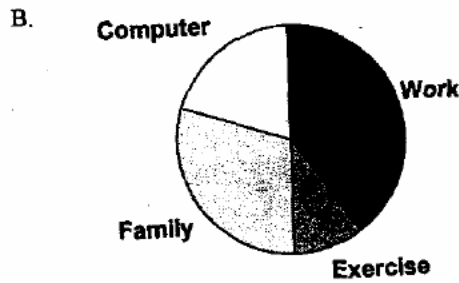
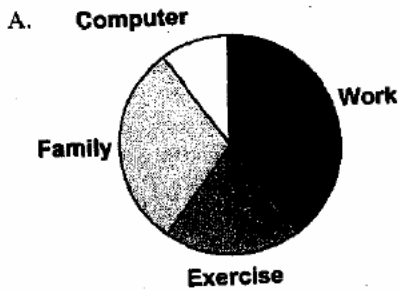
4.

5. Job descriptions

| Job | A | B | C | D |
|-----------------|--|---|---|---|
| Job duties | - Filing - Handling money - Typing | - Filing - Typing - Answering the phone | - Filing - Typing - Answering the phone | - Filing - Typing - Answering the phone |
| Paid leave | 12 days | 22 days | 22 days | 12 days |
| Skills required | Able to type in English | Able to type in English | Able to type in English and Chinese | Able to type in English |

5.

6. Amount of time spent on different activities during the week



6.

0
Section 1

End of Section 1

0
Section 1

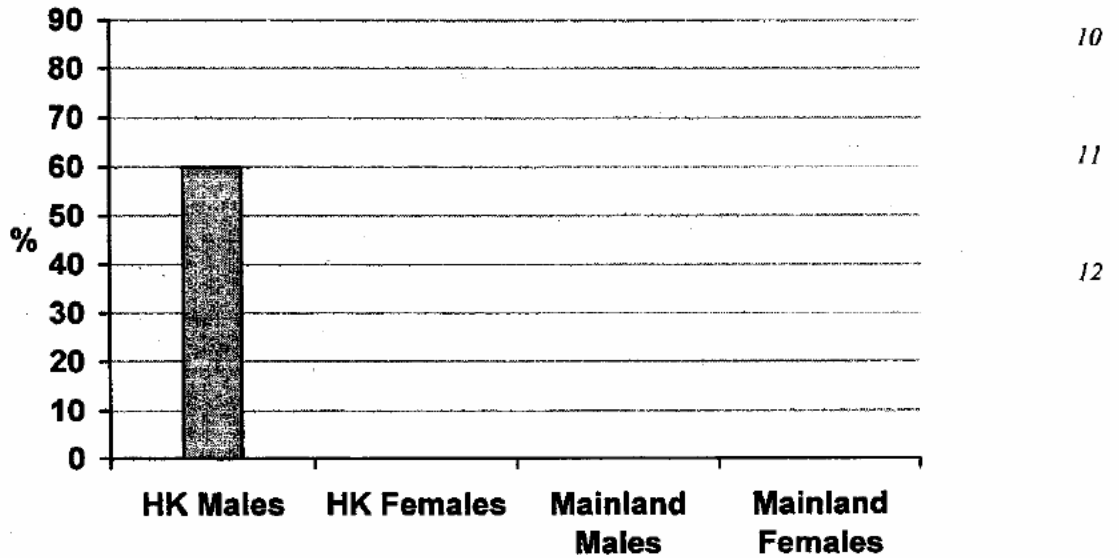
Section 2 (20 marks)

In this section, you should read the instructions for each item carefully and look at the information provided. You will hear Anne and Jimmy talking about a book. Listen to the conversation and answer questions 1- 4 as you listen. You have 45 seconds to study the questions.

1. Complete the information about the book.

| | | |
|----------------------------|--|---|
| Title of book | | 7 |
| Author | | 8 |
| Year of publication | | 9 |

2. Complete the chart below with the missing information. One example has been done for you.



3. Put a tick in the correct box for each cause of stress. Also, write down any other causes of stress that are mentioned, but which are not on the list.

| Causes of stress | Mentioned in the book | NOT mentioned in the book | |
|---|------------------------------|----------------------------------|----|
| Divorce | <input type="checkbox"/> | <input type="checkbox"/> | 13 |
| Argument with friends | <input type="checkbox"/> | <input type="checkbox"/> | 14 |
| Too little exercise | <input type="checkbox"/> | <input type="checkbox"/> | 15 |
| Long working hours | <input type="checkbox"/> | <input type="checkbox"/> | 16 |
| Getting fired | <input type="checkbox"/> | <input type="checkbox"/> | 17 |
| Other causes of stress mentioned | | | 18 |
| _____ | | | 19 |
| _____ | | | |
| _____ | | | |

4. Anne took some notes about the Perfect Stress Free Day but made some mistakes. Correct the mistakes based on the information given by Jimmy. Do not make unnecessary changes or changes to punctuation.

Corrections must be done as follows:

Wrong word(s) or number(s): cross out the wrong word(s) or number(s) and write the correct word(s) or number(s) above it.

Missing word(s): mark the position of the missing word(s) with a '^' and write the missing word(s) above it.

If you think there is no mistake in a line, put a (✓) at the end of the line.

One mistake has been corrected for you as an example.

Marker's
Use only

| The Perfect Stress Free Day | | |
|------------------------------------|---|----|
| | <i>before</i> | |
| | • Have breakfast after going to work. | |
| 20 | • At work, make sure you take regular breaks every 30 minutes. The break should | 20 |
| 21 | be around 5 minutes long. This is very important if you work with people. | 21 |
| 22 | • Take at least 1 hour for lunch. Have lunch at your desk, so that you get a break. | 22 |
| 23 | • Leave the office later than 6.00 pm, even though this can be difficult. | 23 |
| 24 | • You should spend the time before bed alone. | 24 |
| 25 | • It is also important to get some exercise, such as taking a walk. | 25 |
| 26 | • Go to bed early enough so that you can get 10 hours sleep. | 26 |



Section 2

End of Section 2

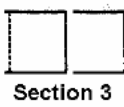


Section 2

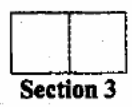
Section 3 (14 marks)

You are a secretary, and your boss is looking for a gym to join. She has given you the names of two gyms and asked you to ring them up and write down a comparison of the information for her. Listen and make notes about the details of each. You have 10 seconds to study the note sheet.

| | |
|-------------------------------------|----|
| 1. Name : Fitness First | |
| Opening hours: | 27 |
| Membership fee: | 28 |
| Facilities & activities: | 29 |
| | 30 |
| | 31 |
| | 32 |
| Special offers: | 33 |
| | |
| | |
| 2. Name : Good Luck Gym | |
| Opening hours: | 34 |
| Membership fee: | 35 |
| Facilities & activities: | 36 |
| | 37 |
| | 38 |
| | 39 |
| Special offers: | 40 |
| | |
| | |



End of Section 3



Section 4 (21 marks)

You are conducting a survey into healthy living in Hong Kong. Listen to the conversation and fill in the information. Put ticks in the appropriate boxes and write down the necessary information. You have 30 seconds to study the form.

Marker's
Use Only

| Survey on Family's Healthy Living Habits | | | |
|---|--|--|--|
| | Father | Mother | Child |
| | Occupation | Occupation | Occupation |
| 41 | Business <input type="checkbox"/> | Business <input type="checkbox"/> | Business <input type="checkbox"/> |
| | Education <input type="checkbox"/> | Education <input type="checkbox"/> | Education <input type="checkbox"/> |
| 42 | Health <input type="checkbox"/> | Health <input type="checkbox"/> | Health <input type="checkbox"/> |
| 43 | Journalism <input type="checkbox"/> | Journalism <input type="checkbox"/> | Journalism <input type="checkbox"/> |
| | Legal <input type="checkbox"/> | Legal <input type="checkbox"/> | Legal <input type="checkbox"/> |
| 44 | Transport <input type="checkbox"/> | Transport <input type="checkbox"/> | Transport <input type="checkbox"/> |
| 45 | Government <input type="checkbox"/> | Government <input type="checkbox"/> | Government <input type="checkbox"/> |
| 46 | Student <input type="checkbox"/> | Student <input type="checkbox"/> | Student <input type="checkbox"/> |
| 47 | Other <input type="checkbox"/> _____ (please specify) | Other <input type="checkbox"/> _____ (please specify) | Other <input type="checkbox"/> _____ (please specify) |
| 48 | Hours of exercise per week | Hours of exercise per week | Hours of exercise per week |
| 49 | Types of exercise you do | Types of exercise you do | Types of exercise you do |
| 50 | | | |
| 51 | | | |
| 52 | | | |
| 53 | Assessment of diet | Assessment of diet | Assessment of diet |
| 54 | Excellent <input type="checkbox"/> | Excellent <input type="checkbox"/> | Excellent <input type="checkbox"/> |
| | Very good <input type="checkbox"/> | Very good <input type="checkbox"/> | Very good <input type="checkbox"/> |
| 55 | Good <input type="checkbox"/> | Good <input type="checkbox"/> | Good <input type="checkbox"/> |
| 56 | Fair <input type="checkbox"/> | Fair <input type="checkbox"/> | Fair <input type="checkbox"/> |
| 57 | Poor <input type="checkbox"/> | Poor <input type="checkbox"/> | Poor <input type="checkbox"/> |
| 58 | What improvements would you like to make to your lifestyle? | What improvements would you like to make to your lifestyle? | What improvements would you like to make to your lifestyle? |
| 59 | | | |
| 60 | | | |
| 61 | | | |

Section 4

End of Section 4

Section

PART B (22% of the subject mark)

Situation

You are John Lee, a Form 6 student. You are very interested in sports and keeping fit and you have played a lot of sports over the years. You think that too many of your classmates are unhealthy, and you would like to encourage them to get fit. You want to set up a new club at school to help students lead a more healthy life.

You have three tasks to do:

1. Complete the 'Facility Booking Form'.
2. Complete the 'Application to Form a New School Club'.
3. Write an article for the school newspaper promoting the club and telling students how to live a healthy life.

You had a meeting with Sally Wong, your classmate, and Miss Wendy Jolly, a teacher, to discuss the setting up of the club. You will hear a recording of the meeting. Before you listen, you will have 5 minutes to study the Question-Answer Book and Data File to familiarise yourself with the situation and the tasks. Pay particular attention to the note from Miss Jolly on page 1 of the Data File. You should also look at the note sheet on page 6 of the Data File. Take notes on this note sheet as you listen to the conversation.

Task 1 (6 marks)

Complete the booking form below. You will need to use information from your notes and the Data File.

| Facility Booking Form for Club Meetings | | |
|--|--------------------------------|---|
| Name of student: _____ | Class: _____ | 1 |
| Room: _____ | | 2 |
| Equipment: _____ | | 3 |
| Day(s) of the week: _____ | | 4 |
| Time: _____ | | 5 |
| Frequency of meetings: | | 6 |
| <i>Tick one of the following:</i> | | |
| Once a week | <input type="checkbox"/> | |
| Once every two weeks | <input type="checkbox"/> | |
| Once a month | <input type="checkbox"/> | |
| Other (please specify) | <input type="checkbox"/> _____ | |

| | |
|-------------------------|--|
| | |
| Task 1 Total | |

Task 2. (20 marks)

Complete the application form below. Put ticks in the appropriate boxes and write down the necessary information. You will need to use information from your notes and the Data File.

Application to Form a New School Club

Mark
Use On

CONTACT DETAILS

Name of student: _____ Class: _____

CLUB DETAILS

Name of club: _____

Sponsoring teacher: _____

Students who can join:

Forms 1 to 3

Forms 4 to 5

Forms 6 to 7

Estimated number of committee members: _____

Membership fee: \$ _____

OTHER QUESTIONS

What is the aim of the club?

How do you plan to achieve this aim?

What activities will the club do?

What equipment will be needed?

How will the club attract students to take part?

| | |
|--|--|
| | |
|--|--|

Task 2
Total

| |
|--|
| |
|--|

Tas
To

**ENGLISH LANGUAGE (SYLLABUS B) PAPER 3
DATA FILE**

Contents

| | Page |
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| 2. Newspaper article | 2 |
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| 5. School menu for October | 4 |
| 6. Booking schedule for club meetings | 4 |
| 7. School calendar for after-class activities | 5 |
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Note from Miss Wendy Jolly

23 September, 2003

Dear John and Sally,

Here is the information we talked about in our conversation yesterday.

I have attached two articles on healthy living. These will help you write the article for the school newspaper to be published in October. Here is a list of what I think you should include:

- Begin your article by introducing why healthy living is important.
- Give some information about how to eat healthily, suggesting things that you should and shouldn't eat and drink. Look at the two articles for this information. It would be a good idea also to give examples of healthy main dishes, desserts and drinks. You can look at the menu from the canteen for next month.
- You should say something about how to exercise properly and what the dangers might be if students exercise wrongly. For this you can also look at the two articles I have included. Also, list some activities they can do in October by looking at the school calendar for after-class activities.
- Finish the article by encouraging students to join the new club. You should give the name of the club, who to contact, and also tell them about the Healthy Living Prize that we talked about in the meeting.
- Don't forget to give your article a good title.

Although the aim of the club is also to reduce stress, I think that the above information is enough for one article. You can write another article on reducing stress later in the year.

You can put my name down as the sponsor of the club. The only problem is I am only able to go to meetings on a Monday afternoon, and only from 3.30 – 4.30 pm. I hope that time is alright with you. I am also happy to meet once every two weeks like you suggested. Once a month won't be enough time for us to arrange all the activities. Please check the booking schedule for club meetings to see what room is available for our meetings.

Feel free to come and talk to me if you have any questions.

W. Jolly

Fight SARS with a Healthy Life

These days it is so important to keep healthy. A good diet and exercise can be the key to protecting yourself from getting a cold, the flu and even SARS. Generally, Hong Kong people have not been very good at eating enough fruit and vegetables, or a low fat diet, but now people are focusing much more on how to be healthy.

So how can we learn life-long healthy habits? Well, one of the keys is good food and drink choices. Many young people nowadays live on a diet of fast food such as instant noodles, McDonald's and Coke. Did you know that 70% of our bodies is water and without water we would die? How many glasses do you drink a day? If you say anything less than 8 glasses a day, you aren't drinking enough.

How many servings of fruit and vegetables do you eat a day? I am not talking about the tomato in ketchup or the oranges in a sugary orange drink. A minimum of 5 servings of vegetables and fruit a day is essential.

One final choice that you can make is to eat foods that contain vitamin C. Vitamin C appears in many foods, such as oranges, broccoli, kiwi fruit and papaya. It is important that you get enough to protect yourself against getting a cold.

Of course, there are other things you can do to stay healthy. One of the most important is not to smoke. It is also important before eating to make sure you wash your hands carefully with soap and make sure you dry them too. Finally, remember not to share drinks or chopsticks with anyone. This can spread germs.

If you combine all of the above with 30 minutes of exercise 4 times a week (a total of 2 hours), you will have a very healthy life. Remember, though, to keep on drinking water, especially in the Hong Kong heat! Dehydration can lead to illness. Make healthy choices and fight SARS!

Miranda Lee - Hong Kong Press

The Case of Jim Yan

Jim, a 13-year-old boy, had always been unhealthy. His mother had let him eat fast food for most of his life, and he never ate fruit or vegetables. His favourite meal was pizza and Coca Cola. He loved the taste of fatty and sugary foods.

One day he caught a cold and the cold wouldn't go away. It lasted for months and months. His mother took him to the doctor and Jim was told that he needed to exercise, eat better and get fit. Jim wondered how on earth he was going to do this! The doctor gave him a list of food he shouldn't eat. The most important thing was to avoid fried food and to choose food that didn't have a lot of fat in it. The doctor also advised him to stop eating food with a lot of sugar in it, like chocolate and soft drinks. The doctor promised that if he ate less fat, he would lose weight, and if he stopped eating sugar, his teeth would stop getting holes in them, too.

So Jim went home and tried to change his diet. He also started exercising. The doctor had told him to do 30 minutes, 4 times a week. That was a total of 2

hours. Jim had an idea. Why not save time and do the 2 hours all at once? So he went out after school, found some of his friends, and they went to play basketball. Jim thought he was being very clever. He would be able to do 2 hours of exercise in one day and not have to do anything for a whole week!

The only problem was that Jim forgot to drink water, and soon he started to feel sick. He didn't know it, but he was getting very dehydrated as it was a sunny, hot and humid summer day. After an hour, Jim suddenly collapsed. His friends rushed to him. Jim had fainted! They helped Jim up and took him home, but Jim had a headache for at least 2 hours afterwards.

After that, Jim only tried to exercise for shorter periods of time and made sure he drank a lot of water. Since Jim started eating less fat and sugar, and exercising, he has become so much healthier. You too can lead a healthy life like Jim.

Annie Young - Taken from the magazine "Healthy Teens"

Note from John Lee and Sally Wong to the Principal

29 September 2003

Dear Mr Wan,

We would like to apply to buy the following for the Fit for Life Club which we are going to set up:

- 4 basketballs
- 4 maps of the New Territories

Would it be possible for the school to pay for these things now? We are planning on having a membership fee of \$20 a year for all members, so we should be able to pay you back once we have collected the money from the students.

Thank you.

John Lee & Sally Wong (Form 6A)

School menu for October

| Menu | |
|--------------------|--|
| Main Dishes | Instant noodles with fried egg \$10 Fried chicken wings and rice \$15 Chicken and tomato sandwich \$12 Fried rice with egg \$13 Steamed fish with rice and vegetables \$18 |
| Desserts | Plain fruit salad \$10 Ice-cream and fruit salad \$12 Cheesecake \$12 Chocolate cake and ice-cream \$14 |
| Drinks | Hot chocolate \$6 Fresh orange juice \$6 Soft drinks \$5 Mineral water \$5 |

Booking schedule for club meetings

| Booking schedule for club meetings 3.30 – 4.30 pm | | | |
|--|------------|---------------|---------------|
| | Art Room | Library | Computer Room |
| Monday | | Debating Club | Reading Club |
| Tuesday | | English Club | |
| Wednesday | Chess Club | | |
| Thursday | | Choir | |
| Friday | | | Computer Club |

School calendar for after-class activities

October 2003

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------------------------------------|---------------------------------------|-------------------------------------|---------------------------------------|--------------------------------|---|
| | | | 1 | 2 | 3 | 4 |
| | | | | | Choir Practice 4-5 pm | School Concert 7-9 pm |
| 5 | 6 | 7 | 8 Swimming Lessons 4-5 pm | 9 | 10 | 11 |
| | | | | | | |
| 12 | 13 | 14 Inter-class Debate 5-6 pm | 15 | 16 Badminton Practice 4-5 pm | 17 Choir Practice 4-5 pm | 18 Rock Climbing 10.30 am – 12.30 pm |
| | | | | | | |
| 19 | 20 | 21 | 22 Swimming Lessons 4-5 pm | 23 | 24 | 25 |
| | | | | | | |
| 26 | 27 Inter-class Debate 5-6 pm | 28 Inter-class Debate 5-6 pm | 29 | 30 Badminton Practice 4-5 pm | 31 | |

Note sheet

Club details

Aim of club and how to achieve it

Suggested activities

Ways to encourage students to join

Details of Healthy Living Prize

Other information

THIS IS THE LAST PAGE OF THE DATA FILE.

Paper 3 Suggested Answers

Note: In the suggested answers:

- i) / — indicates (an) alternative, acceptable word(s)/phrase(s) within an answer.
 ii) // — indicates an alternative answer.

PART A (61 marks)

Section I (6 marks)

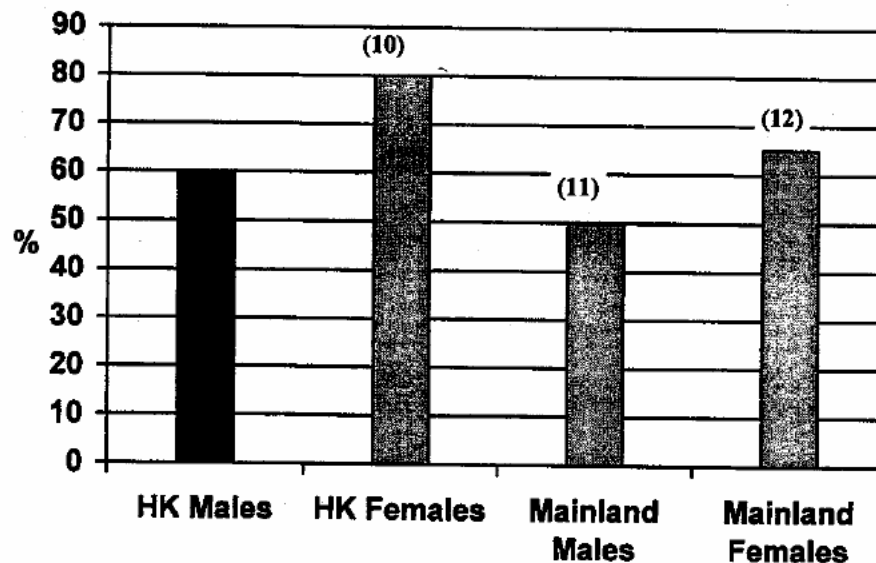
1. C 2. A 3. B 4. C 5. D 6. B

Section 2 (20 marks)

1.

| | |
|----------------------------|---|
| Title of book | (7) <i>The Rise of Stress in China // The rise of stress in China</i> |
| Author | (8) <i>Alice Chan/Chen</i> |
| Year of Publication | (9) <i>2002</i> |

2.



3.

| Causes of stress | Mentioned in the book | NOT mentioned in the book |
|---|--|--|
| Divorce | (13) <input type="checkbox"/> | <input checked="" type="checkbox"/> (13) |
| Argument with friends | (14) <input checked="" type="checkbox"/> | <input type="checkbox"/> (14) |
| Too little exercise | (15) <input type="checkbox"/> | <input checked="" type="checkbox"/> (15) |
| Long working hours | (16) <input checked="" type="checkbox"/> | <input type="checkbox"/> (16) |
| Getting fired | (17) <input checked="" type="checkbox"/> | <input type="checkbox"/> (17) |
| Other causes of stress mentioned | | |
| (18) | <i>illness // sickness // (being) ill/sick</i> | |
| (19) | <i>death of someone you know well // death of someone close to you</i> | |

4.

| The Perfect Stress Free Day | |
|---|--|
| <i>before</i> | |
| <ul style="list-style-type: none">• Have breakfast after going to work. (example) | |
| <i>60</i> | |
| <ul style="list-style-type: none">• At work, make sure you take regular breaks every 20 minutes. The break should be (20) | |
| <i>computers // the computer</i> | |
| around 5 minutes long. This is very important if you work with people . (21) | |
| <i>Don't // Do not</i> | |
| <ul style="list-style-type: none">• Take at least 1 hour for lunch. Have lunch at your desk, so that you get a break. (22) | |
| <i>Don't // Do not</i> | |
| <ul style="list-style-type: none">• Leave the office later than 6.00pm, even though this can be difficult. (23) | |
| <i>no // not</i> | |
| <ul style="list-style-type: none">• Leave the office later than 6.00pm, even though this can be difficult. (23) | |
| <i>with family or friends // with friends or family</i> | |
| <ul style="list-style-type: none">• You should spend the time before bed alone. (24) | |
| <ul style="list-style-type: none">• It is also important to get some exercise, such as taking a walk. (25) ✓ | |
| <i>8</i> | |
| <ul style="list-style-type: none">• Go to bed early enough so that you can get 10 hours sleep. (26) | |

Section 3 (14 marks)

1. Name : Fitness First

Opening hours: (27) *6.30 am to 10.30 pm every day*

Membership fee: (28) *\$350 a month/per month*

(29) *\$500 joining fee*

Facilities & activities: (30) *a swimming pool*

(31) *a sauna*

(32) *a health food shop*

Special offers:

(33) *get a free sports bag if pay before 1 September*

2. Name : Good Luck Gym

Opening hours: (34) *7 am-10 pm weekdays*

(35) *7 am-11.30 pm/till half past eleven at night/11.30 pm on/at weekends*

Membership fee: (36) *\$4000 a year/per year*

Facilities & activities: (37) *a restaurant*

(38) *a tennis court*

(39) *dance/dancing classes*

Special offers: (40) *15% discount/15% off if pay using Hong Kong Bank credit card*

| Survey on Family's Healthy Living Habits | | |
|---|--|---|
| Father | Mother | Child |
| Occupation Business <input type="checkbox"/> Education <input type="checkbox"/> Health <input checked="" type="checkbox"/> (41) Journalism <input type="checkbox"/> Legal <input type="checkbox"/> Transport <input type="checkbox"/> Government <input type="checkbox"/> Student <input type="checkbox"/> Other <input type="checkbox"/> _____ (please specify) | Occupation Business <input type="checkbox"/> Education <input type="checkbox"/> Health <input type="checkbox"/> Journalism <input type="checkbox"/> Legal <input type="checkbox"/> Transport <input type="checkbox"/> Government <input type="checkbox"/> Student <input type="checkbox"/> (48) Other <input checked="" type="checkbox"/> <u>housewife</u> (please specify) | Occupation Business <input type="checkbox"/> Education <input type="checkbox"/> Health <input type="checkbox"/> Journalism <input type="checkbox"/> Legal <input type="checkbox"/> Transport <input type="checkbox"/> Government <input type="checkbox"/> Student <input checked="" type="checkbox"/> (55) Other <input type="checkbox"/> _____ (please specify) |
| Hours of exercise per week: <i>4 (hours) (42)</i> | Hours of exercise per week: <i>7 (hours) (49)</i> | Hours of exercise per week: <i>14 (hours) (56)</i> |
| Types of exercise you do: <i>swimming (43)</i> <i>jogging // running (44)</i> | Types of exercise you do: <i>playing tennis (50)</i> <i>cycling (51)</i> <i>walking (52)</i> | Types of exercise you do: <i>playing basketball (57)</i> <i>going to the gym (58)</i> |
| Assessment of diet: Excellent <input type="checkbox"/> Very good <input type="checkbox"/> Good <input type="checkbox"/> Fair <input checked="" type="checkbox"/> (45) Poor <input type="checkbox"/> | Assessment of diet: Excellent <input type="checkbox"/> Very good <input checked="" type="checkbox"/> (53) Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor <input type="checkbox"/> | Assessment of diet: Excellent <input type="checkbox"/> Very good <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor <input checked="" type="checkbox"/> (59) |
| What improvements would you like to make to your lifestyle? <i>exercise more (46)</i> <i>eat less fast food (47)</i> | What improvements would you like to make to your lifestyle? <i>No // none // — (54)</i> | What improvements would you like to make to your lifestyle? <i>eat more vegetables (60)</i> <i>get more sleep (61)</i> |

PART B (64 marks)

Task 1 (6 marks)

**Facility Booking Form
for Club Meetings**

Name of student: (1) Sally Wong Class: (2) Form 6A // 6A

Room: (3) Art Room

Equipment: _____

Day(s) of the week: (4) Monday

Time: (5) 3.30 - 4.30 pm

Frequency of meetings:

Tick one of the following:

Once a week

Once every two weeks (6)

Once a month

Other (Please specify) _____

Application to Form a New School Club

CONTACT DETAILS

Name of student: (7) John Lee Class: (8) Form 6A // 6A

CLUB DETAILS

Name of club: (9) The Fit for Life Club

Sponsoring teacher: (10) Miss Wendy Jolly

Students who can join:

Forms 1 to 3 Forms 4 to 5 Forms 6 to 7 (11)

Estimated number of committee members: (12) 10

Membership fee: (13) \$20 a year/per year

OTHER QUESTIONS

What is the aim of the club?

(14) to show students how to live a healthy life

How do you plan to achieve this aim?

(15) organise activities

(16) to show students how to eat healthy food/ eat well

(17) to show students how much exercise to do/how to exercise

(18) to show students how to reduce stress/deal with stress

What activities will the club do?

(19) basketball matches during lunchtime

(20) hiking trips on/at weekends

(21) aerobics classes at lunchtime

(22) write articles for school newspaper

What equipment will be needed?

(23) 4 basketballs

(24) 4 maps of the New Territories

How will the club attract students to take part?

(25) put up posters around the school

(26) introduce Healthy Living Prize

Task 3 (38 marks)

Content (24 marks; 1 mark each)

| | | |
|--------------------------|--|--|
| Healthy eating | (27) | eat healthily // things you should or should not eat or drink |
| | (28) | eat less fat // eat low fat food // don't eat fried food // don't eat McDonald's or instant noodles |
| | (29) | eat less sugar // don't eat food with a lot of sugar in it // don't drink soft drinks / coke or eat chocolate |
| | (30) | eat 5 servings of vegetables and fruit a day |
| | (31) | drink 8 glasses of water a day |
| | (32) | eat foods that contain vitamin C |
| | (33) | examples from school canteen // reference to school menu |
| | (34) | chicken and tomato sandwich // steamed fish with rice and vegetables |
| (35) | plain fruit salad | |
| (36) | fresh orange juice // mineral water | |
| Proper exercise | (37) | exercise properly // importance of exercise |
| | (38) | 30 minutes of exercise 4 times a week |
| | (39) | drink lots of water during / after exercise // keep on drinking water |
| | (40) | [i] dangers of exercising wrongly // [ii] don't exercise too much at one time // [iii] if you don't drink water when you exercise |
| | (41) | [i] fainting / collapsing / headache // [ii] otherwise you may faint /collapse/ have a headache // [iii] you will get dehydrated - <i>must be correctly linked to (40)</i> |
| | (42) | after-class activities students can do in October // reference to school calendar for October |
| | (43) (44) | swimming lessons badminton practice rock climbing |
| } - any two of the three | | |
| The new club | (45) | students should join the new club |
| | (46) | called the Fit for Life Club |
| | (47) | contact John Lee / Sally Wong / Miss Wendy Jolly |
| | (48) | mention Healthy Living Prize |
| | (49) | when students take part in activities they get points |
| (50) | students who have the most points will get prizes at the end of the year | |

Bonus points (8 marks; 2 marks each)

Marks for Relevance are not awarded if no content points have been scored.

- T Suitable title for the article
- I Appropriate introduction – why healthy living is important
- R Relevance – not mentioning smoking, washing hands or sharing drinks or chopsticks
- S Appropriate style and format – school newspaper article

Organisation (3 marks)

The focus is on appropriate paragraphing and logical organisation of relevant information. This mark is not awarded unless points have been scored in at least two sections – healthy eating, proper exercise or the new club. Candidates who have copied indiscriminately from the Data File are only awarded a maximum of 1 for Organisation.

| <i>Good</i> | <i>Satisfactory</i> | <i>Below Average</i> | <i>Poor</i> |
|-------------|---------------------|----------------------|-------------|
| 3 | 2 | 1 | 0 |

Language (3 marks)

The focus is on spelling, grammar, vocabulary and sentence structure. Candidates who have copied indiscriminately from the Data File are only awarded a maximum of 1 for Language.

| <i>Good</i> | <i>Satisfactory</i> | <i>Below Average</i> | <i>Poor</i> |
|-------------|---------------------|----------------------|-------------|
| 3 | 2 | 1 | 0 |

PART A

Section 1

1. C

Hints: “Well, my stomach feels better now but during that time, I also had a temperature of 38°C and my face still feels a bit hot.” → not A
 “Do you have a headache?” “No, but my throat hurts.” → not D
 “Yes, my tongue feels strange actually.” → not B
 The patient suffered from stomachache before but not now, she has no headache and her tongue only feels strange. Therefore, she only suffers from a sore throat now.

2. A

Hints: 1 PM: 37 °C
 2 PM: 38 °C → not C
 3 PM: 38 °C → not B and D
 4 PM: 39 °C
 5 PM: 37 °C

3. B

Hints: “Well, she is tall, quite slim, and has curly-shoulder-length hair.” → not A and D
 “Well, she never wears the tennis skirt. So, I imagine she will be wearing shorts.” → not C

4. C

Hints: “Well, it’s the rainy season. So it will be very hot and wet.” → not A
 “You’ll have to take some warm clothes in case it gets cold in the evening.” “No, the temperature doesn’t change much. It never gets cold.” → not B and D
 “I’m hoping to go swimming a lot and also do some fishing.”
 “Yes, but mostly I just like want to lie on the beach and read a good book when it isn’t raining.”
 So, she will bring swimsuits, a raincoat, equipments for fishing, a book but no warm clothes.

5. D

Hints: “Right, you have to do some office work like filing and typing documents.”
 “Will I need to answer the phone?” “Yes, you will.” → not A
 “How about handling money? Do I need to go to the bank?”
 “No, you don’t need to do that.” → not A
 “You have 12 days leave and you can also take unpaid leave of another 10 days a year if you want to.” → not B and C

6. B

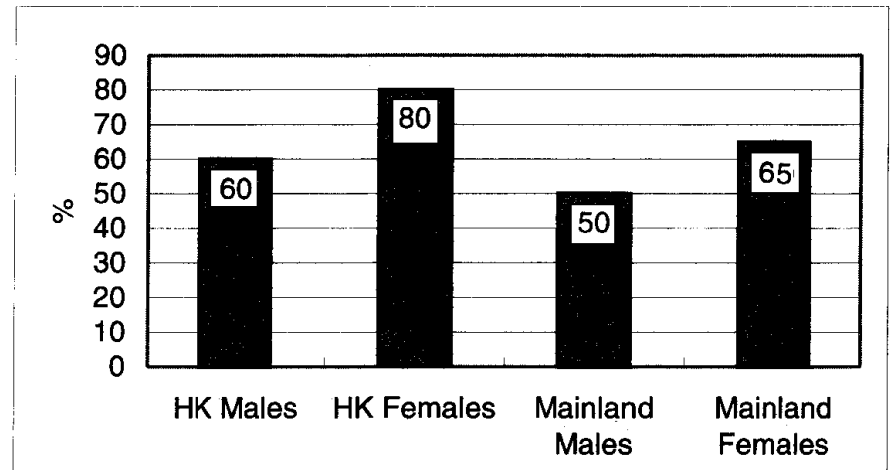
Hints: “Yes, but you spend more time working than doing anything else.” → not C
 “I spend more with the family than exercising or playing on the computer.” → not D
 “But you play on the computer more than you exercise, don’t you?” “Yes, I do.” → not A

Section 2

1.

| | |
|---------------------|------------------------------------|
| Title of book | <i>The Rise of Stress in China</i> |
| Author | <i>Alice Chan / Alice Chen</i> |
| Year of publication | 2002 |

2.



3.

| Causes of stress | Mentioned in the book | NOT mentioned in the book |
|--|-------------------------------------|-------------------------------------|
| Divorce | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Argument with friends | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Too Little exercise | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Long working hours | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Getting fired | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Other causes of stress mentioned | | |
| <i>Illness / sickness / (being) ill / sick</i> | | |
| <i>The death of someone you know well / close to you</i> | | |

4.

| The Perfect Stress Free Day | |
|--|-------------------------------|
| <i>before</i> | |
| • Have breakfast after going to work. | |
| | <i>60</i> |
| • At work, make sure you take regular breaks every 30 minutes. The break should | |
| | <i>computers</i> |
| be around 5 minutes long. This is very important if you work with people . | |
| | <i>Don't have</i> |
| • Take at least 1 hour for lunch. Have lunch at your desk, so that you get a break. | |
| | <i>no</i> |
| • Leave the office ^ later than 6.00pm, even though this can be difficult. | |
| | <i>with family or friends</i> |
| • You should spend the time before bed alone . | |
| | |
| • It is also important to get some exercise, such as taking a walk. | <i>√</i> |
| | <i>8</i> |
| • Go to bed early enough so that you can get 10 hours sleep. | |

Section 3

1. Name: **Fitness First**

Opening hours: *6.30am to 10.30pm every day*

Membership fee: *\$350 per month, plus a \$500 joining fee*

Facilities & activities: *a swimming pool, a sauna, a health food shop*

Special offers: *get a free sports bag if pay before 1st September*

2. Name: **Good Luck Gym**

Opening hours: *7.00am to 10.00pm (weekdays), 7.00am to 11.30pm (Sat & Sun)*

Membership fee: *\$4000 per year*

Facilities & activities: *a restaurant, a tennis court, offer dance classes*

Special offers: *15% discount if pay using Hong Kong Bank credit card*

Section 4

| Survey on Family's Healthy Living Habits | | |
|--|--|--|
| Father | Mother | Child |
| Occupation | Occupation | Occupation |
| Business <input type="checkbox"/> | Business <input type="checkbox"/> | Business <input type="checkbox"/> |
| Education <input type="checkbox"/> | Education <input type="checkbox"/> | Education <input type="checkbox"/> |
| Health <input checked="" type="checkbox"/> | Health <input type="checkbox"/> | Health <input type="checkbox"/> |
| Journalism <input type="checkbox"/> | Journalism <input type="checkbox"/> | Journalism <input type="checkbox"/> |
| Legal <input type="checkbox"/> | Legal <input type="checkbox"/> | Legal <input type="checkbox"/> |
| Transport <input type="checkbox"/> | Transport <input type="checkbox"/> | Transport <input type="checkbox"/> |
| Government <input type="checkbox"/> | Government <input type="checkbox"/> | Government <input type="checkbox"/> |
| Student <input type="checkbox"/> | Student <input type="checkbox"/> | Student <input checked="" type="checkbox"/> |
| Other <input type="checkbox"/> _____ (please specify) | Other <input checked="" type="checkbox"/> <i>housewife</i> (please specify) | Other <input type="checkbox"/> _____ (please specify) |
| Hours of exercise per week | Hours of exercise per week | Hours of exercise per week |
| 4 | 7 | 14 |
| Types of exercise you do | Types of exercise you do | Types of exercise you do |
| <i>swimming</i> <i>running / jogging</i> | <i>playing tennis</i> <i>cycling</i> <i>walking</i> | <i>playing basketball</i> <i>going to the gym</i> |
| Assessment of diet | Assessment of diet | Assessment of diet |
| Excellent <input type="checkbox"/> | Excellent <input type="checkbox"/> | Excellent <input type="checkbox"/> |
| Very good <input type="checkbox"/> | Very good <input checked="" type="checkbox"/> | Very good <input type="checkbox"/> |
| Good <input type="checkbox"/> | Good <input type="checkbox"/> | Good <input type="checkbox"/> |
| Fair <input checked="" type="checkbox"/> | Fair <input type="checkbox"/> | Fair <input type="checkbox"/> |
| Poor <input type="checkbox"/> | Poor <input type="checkbox"/> | Poor <input checked="" type="checkbox"/> |
| What improvements would you like to make to your lifestyle? | What improvements would you like to make to your lifestyle? | What improvements would you like to make to your lifestyle? |
| <i>need to exercise more and eat less fast food</i> | <i>None</i> | <i>need to eat more vegetables and get more sleep</i> |

Part B

| Facility Booking Form for Club Meetings | |
|--|-------------------------------------|
| Name of student: <u>Sally Wong</u> | Class: <u>6A</u> |
| Room: <u>Art Room</u> | |
| Equipment: _____ | |
| Day(s) of the week: <u>Monday</u> | |
| Time: <u>3.30 - 4.30 p.m.</u> | |
| Frequency of meetings: | |
| Tick one of the following: | |
| Once a week | <input type="checkbox"/> |
| Once every two weeks | <input checked="" type="checkbox"/> |
| Once a month | <input type="checkbox"/> |
| Other (please specify) | <input type="checkbox"/> _____ |

| Application to Form a New School Club | |
|--|--|
| CONTACT DETAILS | |
| Name of student: <u>John Lee</u> | Class: <u>6A</u> |
| CLUB DETAILS | |
| Name of club: <u>The Fit for Life Club</u> | |
| Sponsoring teacher: <u>Miss Wendy Jolly</u> | |
| Students who can join: | |
| Forms 1 to 3 <input type="checkbox"/> | Forms 4 to 5 <input checked="" type="checkbox"/> |
| | Forms 6 to 7 <input checked="" type="checkbox"/> |
| Estimated number of committee members: <u>10</u> | |
| Membership fee: \$ <u>20 a year</u> | |

OTHER QUESTIONS

What is the aim of the club?

To show students how to lead a healthy life.

How do you plan to achieve this aim?

Organise activities to:

(1) show students how to eat healthy food.

(2) show students how much exercise to do.

(3) show students how to reduce stress.

What activities will the club do?

(1) Organise basketball matches at lunchtime.

(2) Organise aerobics classes at lunchtime.

(3) Organise hiking trips at weekends.

(4) Write articles for the school newspaper, giving information on healthy living.

What equipment will be needed?

(1) 4 basketballs

(2) 4 maps of the New Territories

How will the club attract students to take part?

(1) Put up posters around the school.

(2) Give out "Healthy Living Prize".

Why healthy living is important:

- it can be the key to protecting oneself from getting a cold, the flu and even SARS (DF2)

Paragraph 2

How to eat healthily:

- things you should eat and drink: (DF2)
 - at least 8 glasses of water a day
 - a minimum of 5 servings of vegetables and fruit a day
 - foods that contain vitamin C
- things you should not eat and drink: (DF3)
 - fried food
 - food that has a lot of fat in it
 - food with a lot of sugar
- examples of healthy main dishes, desserts and drinks(DF5)
 - chicken and tomato sandwich
 - steamed fish with rice and vegetables
 - plain fruit salad
 - fresh orange juice
 - mineral water

Paragraph 3

How to exercise properly:

- do 30 minutes of exercise 4 times a week, a total of two hours (DF2 & 3)
- the dangers of exercising wrongly: (DF3)
 - do exercise continuously without drinking enough water
 - get very hydrated and collapse
- activities students can do in October: (DF 7)
 - 8/10 & 22/10: Swimming Lessons
 - 16/10 & 30/10: Badminton Practice
 - 18/10: Rock Climbing

Paragraph 4 – Conclusion

Encourage students to join the new club

- name of the club
 - The Fit for Life Club
- who to contact
 - John Chan or Sally Wong of 6A
- information on the Healthy Living Prize
 - every time a student does something with the Club, he will get one point
 - students who have the most points at the end of the year will each get a prize

Outline for the article in Task 3

Title (as requested by Miss Jolly in her note)
Staying Fit for Your Whole Life

Paragraph 1 - Introduction

Staying Fit for Your Whole Life

With the outbreak of deadly epidemics in recent years, healthy living has been put in the spotlight. However, some may still wonder why healthy living is important. To be concise, a good diet and exercise can be the key to protecting oneself from getting a cold, the flu and even SARS.

To eat healthily is one of the core-stones of healthy living. As we all know, water is essential for any living creatures. Therefore, we should drink at least eight glasses of water a day. Apart from that, we need a minimum of five servings of vegetables and fruit every day. Foods that contain vitamin C, such as oranges, broccoli, kiwi fruit and papaya, should also be eaten to strengthen our immune system. On the other hand, we should stop eating fried food and food that has a lot of fat in it. Food with high sugar content should be avoided as well. With reference to the menu from the canteen for October, we can conclude that chicken and tomato sandwich as well as steamed fish with rice and vegetables are examples of healthy main dishes. Yet, plain fruit salad is the only dessert that we can consider as healthy, while fresh orange juice and mineral water are recommended healthy drinks.

A healthy diet should be accompanied by proper exercising so as to achieve a true healthy living. What does it mean by “proper exercising”? According to medical practitioners, one should do 30 minutes’ exercise four times a week, making it two hours in total. Some might wrongly believe that doing two hours of exercises all at once in a single day would be a good idea. In that way, you might put yourself at risk of getting dehydrated if you do not drink enough water. You may even collapse and faint, especially under the hot weather here in Hong Kong! Looking at the school calendar for after-class activities, we suggest that you can take part in the swimming lessons on 8th and 22nd October, the badminton practice on 16th and 20th October and the rock climbing activity on 18th October. Make sure that you will not exercise for too long and keep on drinking water to prevent dehydration.

With the importance of healthy living in mind, the Fit for Life Club has been set up lately to show students how to lead a healthy life and reduce stress. All F.4 to F.7 students are encouraged to join. In order to promote healthy living, we will give out “Healthy Living Prize” to students who have outstanding performance in this aspect. Every time a student does something with the Club, he will get one point and students who have the most points at the end of the year will each get a prize. So, why do you still have to hesitate? Act now! Should you have any enquiries, please feel free to contact John Chan or Sally Wong of 6A.

2004

Paper 3 Tapescript

PART A

Section 1

1. Which part of the body is the person feeling pain in?
D: You say that you have been feeling ill. Can you explain exactly what you have been feeling over the last few days?
M: Well, two days ago, I started to feel ill in my stomach and I was vomiting nearly every hour.
D: I see. Go on.
M: Well, my stomach feels better now but during that time, I also had a temperature of 38°C and my face still feels a bit hot.
D: Do you have a headache?
M: No, but my throat hurts.
D: Do you find it difficult to swallow? Does your tongue feel dry?
M: Yes, my tongue feels strange actually.
D: I see.
2. Which temperature chart is being described?
W: So doctor, is my temperature normal now?
D: Yes, it is now. But it went from 37° at one o'clock to 38° one hour later.
W: Is that normal?
D: No, that's a bit high. After that, your temperature stayed at 38° for an hour until 3 pm and then unfortunately, it rose a second time to 39° at 4 pm. That is quite a dangerous level.
W: Oh, dear!
D: Don't worry. It felt back to normal level one hour later.
W: What temperature was that?
D: 37°.
3. Which picture is Jenny?
W: Hi, Billy. I can't meet you at 10 am for tennis as I have to work. I'll be there at around 10:30. But my sister Jenny is going to come too, so you can play with her until I arrive.
M: Sure, but how would I know who she is? How would I recognise her?
W: Well, she is tall, quite slim, and has curly shoulder-length hair.
M: What does she usually wear to play tennis?
W: Well, she never wears the tennis skirt. So, I imagine she will be wearing shorts.
M: Okay, I should be able to find her.



4. Which things should the woman take on holiday?
 W: Guess what, I'm going on holiday. I really need to take a break from work. I've been feeling really stressed lately.
 M: A holiday is the best way to get away with stress. Where are you going?
 W: I'm going to Boracay in the Philippines.
 M: I've never heard of that. What will the weather be like?
 W: Well, it's the rainy season. So it will be very hot and wet.
 M: You'll have to take some warm clothes in case it gets cold in the evening.
 W: No, the temperature doesn't change much. It never gets cold.
 M: What kinds of activities will you be doing?
 W: I'm hoping to go swimming a lot and also do some fishing.
 M: I love fishing. Sounds great.
 W: Yes, but mostly I just like want to lie on the beach and read a good book when it isn't raining.
 M: Are you going to do anything else like hiking?
 W: No. I just want to relax.
 M: Sounds like a perfect holiday. You really need it.

5. Which job is Mrs King applying for?
 M: Well, Mrs King. I don't think I have any more questions for you. Do you have questions for me about the job?
 W: Well, if I get the job, what will be duties be?
 M: Right, you have to do some office work like filing and typing documents.
 W: Will I need to answer the phone?
 M: Yes, you will.
 W: How about handling money? Do I need to go to the bank?
 M: No, you don't need to do that. I forgot to ask you. Are you able to type in Chinese as well as in English?
 W: I can. But I'm better in English than Chinese.
 M: That's Okay. It'll be an advantage. But we rarely have to type documents in Chinese. So it is not necessary for the job.
 W: How many days of leave will I have?
 M: You have 12 days leave and you can also take unpaid leave of another 10 days a year if you want to. Any more questions?
 W: No, I think that's all for now. Thank you very much for your time.
 M: You're welcome.

6. Which pie chart represents the amount of time David spends on different activities during the week?
 W: You know you spend too much time working, David.
 M: But mom, I need to work. I'm trying to save to buy a car.
 W: Yes, but you spend more time working than doing anything else.
 M: Yes. But everyone does.
 W: You should exercise more. Exercise is really important for your health.

- M: I know mom, but it's so hard to find a time. I'd rather spend time with you and the family. I spend more with the family than exercising or playing on the computer.
 W: But you play on the computer more than you exercise, don't you?
 M: Yes, I do. You know I like to play computer games. It's more fun than exercising.
 W: Well, promise me in the future that you'll do some exercises every week at least.
 M: Okay, mom.

Section 2

- M: Hey, Ann. I've just finished reading this great book about stress. You should read it.
 W: Really, sounds kind of boring to me.
 M: I thought so too. But my sister gave it to me and she said it was great. And you know what, it was really interesting. It's called "The Rise of Stress in China" and it's by a woman named Alice Chan. It was published in 2002.
 W: Sorry, what's the title again?
 M: "The Rise of Stress in China".
 W: Ah ... "The Rise of Stress in China". I've heard about that book. I think I've read something Alice Chan wrote before. So what exactly is it about?
 M: Well, it's about stress in Hong Kong and the Mainland. So it's really relevant to us. In Hong Kong, 60% of males say they are stressed. But amazingly, 20% more females in Hong Kong are stressed. 20% more. That's quite a lot.
 W: Wow, that is surprising. What about on the Mainland?
 M: Well, compared to Hong Kong figure, 10% fewer males on the Mainland say they are stressed.
 W: Really. I wonder why that is.
 M: Well. The book talks about the reasons.
 W: What about women on the Mainland? Are they more stressed than the males like in Hong Kong?
 M: Yeah, 65% of females say they are stressed. 15% more than the males.
 W: Those are pretty bad statistics.
 M: Aren't they?
 W: So what is causing us to be so stressed?
 M: Well, there are a lot of factors. For example, work is a big problem. Losing your job is one. So is working long hours. They both cause stress. Another problem can be friends. If you have a quarrel with your friends, that can be very stressful.
 W: Yes, I had a quarrel with my best friend just the other day. And it's made me feel really stressed. There are other causes of stress though on there.
 M: Yes, another common one which people don't think about is illness.
 W: Illness?
 M: Yes, being sick is a very stressful thing. Finally, the death of someone you know well is also a big cause of stress in people's lives.
 W: Yes, the death of someone close to you is always going to be very stressful.
 W: What about divorce? That would be very stressful.

M: The book doesn't mention that. It doesn't mention having too little exercise either, which I'm surprised about.

W: So what are the solutions? How can we be less stressed?

M: Well, there are a lot of things we can do actually.

W: Really?

M: The book outlines what a perfect day would be. There is a table called the perfect stress free day. Let me see if I can remember it. Firstly, have breakfast before going to work.

W: I see, and then?

M: That's work. Make sure you take regular breaks every 60 minutes. The break should be around 5 minutes long. This is very important if you work with computers.

W: I see. What else?

M: Take at least one hour for lunch. Don't have lunch at your desk so that you get a break.

W: Yes, if we go out of the office for lunch, then we get a break from the stress of work.

M: That's right. Leave the office no later than 6pm even though this can be difficult. You should spend the time before bed with family or friends.

W: With family or friends?

M: Yes, that's right. It's also important to get some exercises such as taking a walk.

W: So, what time should we go to bed?

M: Go to bed early enough so that you can get 8 hours sleep.

W: All those are good suggestions, I think I'll write them down so that I'll remember them.

M: Good idea.

Section 3

Conversation 1

G-Gym Staff 1 S-Secretary

G: Hello! Fitness First. How can I help you?

S: I'm thinking about joining a gym. Can I ask you a few questions about joining?

G: Sure! What would you like to know?

S: Well, to start off, what are your opening hours?

G: We are open from 6:30 am to 10:30 at night.

S: Is that every day of the week?

G: Yes, that's right.

S: OK. Can you tell me how much membership is per month?

G: Our membership fee is three hundred and fifty dollars a month, plus a five-hundred-dollar joining fee.

S: A five-hundred-dollar joining fee?

G: That's right.

S: Um ... ok. Next, can you tell me what special facilities you offer?

G: Well, we have a swimming pool and also a sauna.

S: A sauna?

G: Yes, sauna. S-A-U-N-A.

S: Ah, yes. I know what you mean. Anything else?

G: Well, we also have a health food shop.

S: Oh, great. Health food shop ... OK. And finally, do you offer any kind of discount?

G: Well, if you pay before the first of September, you'll get a free sports bag.

S: Ah ... a free sports bag if I pay before the first of September. Um ... that's great! OK. Thank you very much for the information. I'm going to ring to some other gyms just to compare prices and then I will ring you back if I want to join.

G: OK. Thanks for your call.

S: Bye.

G: Bye.

Conversation 2

G-Gym staff 2 S-Secretary

G: Good afternoon. How can I help you?

S: Is this Good Luck Gym?

G: Yes, it is.

S: I am ringing up to get some details about your gym. Can I ask you some questions?

G: Sure.

S: Well, can you tell me what time you open?

G: We are open from 7:00 am to 10:00 pm on weekdays and we are open to 11:30 pm on weekends.

S: Oh, so you close later on Saturday and Sunday.

G: Yes, that's right. We find that Saturday and Sunday are our busiest days.

S: I see. Um ... how much is the membership fee?

G: It's four thousand dollars for a year.

S: I see. Can I pay once a month?

G: No, we only take one payment of four thousand dollars for the year.

S: Um ... do you have any special offers at the moment?

G: Yes, we offer a 15% discount if you pay using a Hong Kong Bank credit card.

S: Ah, that's great! OK, so, what kinds of facilities do you have?

G: Well, we have a restaurant that you can have lunch in. We also have a tennis court and we offer dance classes.

S: Dance classes?

G: Yes, that's right.

S: Do you have a swimming pool?

G: No, we don't.

S: Thanks for the information. I will ring you back if I decide to join.

G: Why don't you come in and see us?

S: Oh, thanks. Bye.

G: Bye.

Section 4

I-interviewer Mr.- Mr. Smith Mrs.- Mrs. Smith A-Alan Smith

I: Excuse me. I am conducting a survey into healthy living habits and I'd like to ask you a few questions. Do you have five minutes to talk to me?

Mr.: Sure. All right.
 I: Great, thanks. OK, firstly, you are all one family, aren't you?
 Mr.: Yes, I am Graham Smith and this is my wife Monica and our son Alan.
 I: Thanks. OK, I will start with asking you some questions first, Mr. Smith, and then I will go on to the others. Firstly, what do you do?
 Mr.: I am a doctor.
 I: Oh, you should lead a very healthy life then.
 Mr.: I should, but I work such long hours I find that difficult to exercise.
 I: How much exercise on average do you do a week?
 Mr.: Well, I go swimming for two hours every Thursday night.
 I: Anything else?
 Mr.: Well, I don't suppose you call walking two minutes to the bus every morning exercise, would you?
 I: Ha, I don't think so.
 Mr.: Um ... I also go to a running club once a week and that lasts for two hours as well.
 I: So, you go swimming and running. Do you do any other kinds of exercise?
 Mr.: No, that's it.
 I: OK. Next, let's talk about your diet. Would you say your diet is excellent, very good, good, fair or poor?
 Mrs.: You better say it's good! I cook your food.
 Mr.: Well, the food you cook for me is very healthy, but the food I eat for lunch is all fast food, so I guess I would say my diet is fair.
 I: Is there anything you think you need to improve about your lifestyle?
 Mr.: Well, I think I need to exercise more and eat less fast food.
 I: OK. Exercise more ... and eat less fast food. Right, let's move on to you, Mrs. Smith.
 Mrs.: Oh dear! OK!
 I: So what do you do?
 Mrs.: I'm a housewife.
 I: Can you tell me about the exercise you do?
 Mrs.: Well, I have a bit more time than my husband, but not much as I have three children to look after as well as Alan here. I don't like running. I play tennis twice a week, for two hours each time. I also go cycling with a friend for two hours a week. So all in all, I get six hours of exercise. Oh, no ... wait! I also go walking once a week with the friend and we usually walk for around an hour. So you need to add that to.
 I: Wow, that is quite a lot. So you play tennis, go cycling and go walking.
 Mrs.: Yes, that's right.
 I: So, what about your diet?
 Mrs.: Well, I'm not like my husband and I don't eat much fast food. So I think my diet is very good.
 I: Are there any improvements that you want to make about your lifestyle?
 Mrs.: No, none.
 I: OK. Now, lastly, how about you, Alan? What do you do?
 A: Well, I am at University.
 I: And how many hours of exercise do you do a week?
 A: It's hard to calculate, but I think on average fourteen hours.

I: Wow, that's a lot!
 A: Well, I am on the University basketball team so we practice often and on the days we don't have official practice, I like to play with my friends anyway, so I'd say that most days I play for two hours a day.
 Mr.: We never see him; all he does is playing basketball!
 A: Dad! Now it's not the time to be talking about this!
 I: So you only play basketball?
 A: Well, I go to the gym as well, which helps me build up muscles for basketball.
 I: OK. What do you think your diet is like?
 A: Well, I actually don't eat very well. I get so hungry after playing basketball that I just eat and eat things like pizzas and noodles. I know I should eat better. I think my diet is poor.
 I: So, overall, do you think you have a healthy lifestyle?
 A: On the whole, no.
 I: Really? Why not?
 A: Well, basically I need to eat more vegetables, um ... and I also need to get more sleep.
 I: Well, thank you for taking the time to answer all my questions.
 Smith family: You're welcome!

PART B

John: Hi, Sally. I'm still waiting for Miss Jolly to arrive. She said she might be late as she has another meeting before this. Shall we start without her?
 Sally: OK.
 John: Right. Let's get started then. I went to the Principal and he said it's okay for us to start up a club. But we have to fill in this application form first and looking at it, I can see we have a lot of things to decide.
 Sally: OK, like what?
 John: Right. First of all, we have to decide on the name of the club. Um ... How about the "Fit for Life Club"?
 Sally: That sounds good. I like the sound of the "Fit for Life Club".
 John: OK. So, we've decided on one thing. How many people will be in the club?
 Sally: Are we going to let all students join?
 John: I think we should only have F.4 to F.7 because the younger students may have problems doing the activities we want to organise.
 Sally: Ok. So, if we are only going to have F.4 to F.7 students, how many committee members are we going to have? I know some members of the basketball club are interested, and that's eight people. Eight people plus the two of us makes ten people in total.
 John: OK.
 Sally: So, what's next?
 John: Well, let's decide on what kind of activities we want to do.
 Sally: Well, I think we should organise basketball matches during lunchtime. That could be a lot of fun and also really good exercise and both boys and girls like to play.
 John: Good idea. I know a lot of people like to play basketball. OK, what other activities can we do?

Sally: Well, we could organise hiking trips some weekends. That would be also a lot of fun.

John: I love hiking, great!

Sally: OK. So we'll have basketball matches and hiking, anything else?

John: What about some exercise for people who don't like playing ball games? What else do people like to do?

Sally: I know. I like going to aerobics classes. I used to do that after school when I had more time, but as exam's coming up, I stopped. It'll be great to have a chance to do some aerobics at lunchtime. I could plan the classes myself and add some good music to play.

John: That would be great, Sally. Let me just write that down. How do you spell "aerobics"?

Sally: A-E-R-O-B-I-C-S.

John: OK, thanks. Right, finally, I think we need to do more than just organise sports activities. We also need to give people information about healthy living. I think the club should write articles for the school newspaper.

Sally: Good idea! We could write articles on different topics. That way people will know our club is about more than just playing sports, it's about all aspects of living a healthy life.

John: OK. So, we've decided on the activities we're going to do. Now, we have to think about how we're going to advertise the club. How we're going to get students to join the club. Any ideas?

Sally: How about we make an announcement at the assembly?

John: Oh, I'll be too scared to do that. Do you want to do it?

Sally: No, I'll be too scared, too. OK, that's a bad idea. Any other ideas?

John: Well, we could put up posters around the school.

Sally: Yes, putting up posters is a much better idea.

John: OK. I can do them on my computer. I have a colour printer at home and I can print them out.

Jolly: Oh, sorry. I'm late. My meeting went on longer than I expected.

John: That's okay, Miss Jolly.

Sally: Thanks for coming.

Jolly: So, what have you discussed so far?

John: Well, we have decided on the name of the club, who can join, the activities we are going to have and how to get students to join the club.

Jolly: Wow, you've done a lot. Great work.

John + Sally: Thank you.

Jolly: You know, I have an idea about how you could encourage students to join the club.

John: Really? We thought we would put up posters around the school. Do you think that would be enough?

Jolly: Well, another idea would be to have something called a "Healthy Living Prize".

Sally: Oh, everyone loves prizes, but what is the "Healthy Living Prize"?

Jolly: Well, every time a student does something with your club, they get one point. So, for example, if they go hiking with you, they get one point.

John: That's a great idea. That will really get the students interested in the club. But, who should we give the prize to?

Jolly: You can work out the exact details later. But, at the end of the year, you can give prizes to the students who have the most points.

John: So, students who have the most points will each get a prize. Good, thank you, Miss Jolly.

Jolly: You're welcome.

John: We're going to write an article about the club for the school newspaper. We can talk about the "Healthy Living Prize" in the article. Can you think of what else we should include in the article, Miss Jolly?

Jolly: Oh, I have quite a few good articles on healthy living that I can lend you. Let me go back to my desk and I'll look for them. I'll write you a note tomorrow morning and tell you what I think you should put in your newspaper article. I'll also attach any useful articles I find.

John: Thanks.

Sally: Thanks so much.

Jolly: Is there anything else that we need to decide?

John: Well, there is one question in the application form about the aim of the club. I think we should be simple and state that the main aim is to show students how to lead a healthy life.

Jolly: Yeah.

Sally: Yes.

John: So, the aim of the club is to show students how to lead a healthy life and we can achieve this aim by organising activities to do three things. The first thing is to show the students how to eat healthy food. The second one is to show them how much exercise to do and the last one is to show them how to reduce stress.

Sally: OK. We aim to show students how to lead a healthy life.

John: Right.

Sally: And we'll organise activities to show students how to eat healthy food. I know that a lot of our friends still think that eating instant noodles is healthy.

John: Yeah. Oh, unhealthy.

Sally: And we'll also show them how much exercise to do and how to reduce stress. I think that if all of us did those three things: eat well, exercise and deal with stress, we'd be a lot more healthy.

John: Great. OK. So, I'll fill in the form and then when you give us your note, Miss Jolly, we can write the article. Can you also let us know in your note when you can come to club meetings? We're going to have ten committee members and we'll need to hold regular meetings together, maybe once every two weeks.

Jolly: OK. I'll check my schedule and let you know in the note.

Sally: Great. I think we're going to have so much fun. Oh, one more thing. We need to make sure that we also fill in the facility booking form to book the room for the club meetings.

John: Ah, yes.

Sally: All forms need contact details. OK. Put my name down on the facility booking form, John, and put your own name on the application form. That way, we can share the workload.

John: No problem.