

Answering Strategy

1. Text type and format – You are asked to write an article for the school magazine. An article should be written in paragraphs and a title is recommended in order to catch readers' attention.
2. Genre – It is an expository writing. You are expected to show your disapproval of the misconception about beauty among teenagers in Hong Kong and to suggest effective, and perhaps healthier, ways to stay fit.
3. Language and formality – As both the writer and target readers of the article are students, a friendly tone and concise language should be used. Avoid difficult words so that your readers can get the main ideas easily and quickly.
4. Organisation – A title telling what the article is about should come before the content. You can first describe the general misconception about beauty in Hong Kong and what teenagers do to achieve the beauty ideal, and show your disapproval of such ways to lose weight. Then persuade your readers to keep fit using healthier and more effective ways. You can use cohesive devices to link up the sentences and paragraphs to make the writing more organised.
5. Topic and vocabulary – The theme of this article is keeping fit and losing weight. You should have enough relevant ideas and vocabulary items for this topic. You can refer to the following ideas and vocabulary items.

Useful vocabulary items and expressions

Verbs / verb phrases

burn off fat	燃燒脂肪
model oneself on...	以……為某人的榜樣
put an end to	終止
stand out against	出言反對

Nouns / noun phrases

adolescent	青少年
aerobic exercise	帶氧運動
anorexia	厭食症
bulimia	暴食症
depression	抑鬱
desire	渴望
hip hop dance	嘻哈舞蹈
hula-hooping	轉呼拉圈
jazz	爵士舞

low self-esteem	自尊心低
metabolism	新陳代謝
nutrient deficiency	營養不足
yoga	瑜珈

Adjectives / adjective phrases

effective	有效的
fatigued	疲憊的
mentally ill	患精神病
rigorous	嚴格的
slender	纖瘦的
underweight	過輕的
unwholesome	有害身心健康的

Adverb

simultaneously	同時地
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