

# Get Close to Nature

Every day, Hongkongers<sup>1</sup> spend most of their time working or studying. In fact, getting in touch<sup>2</sup> with nature helps people to have better memory<sup>3</sup> and stay focus. What activities can we do to balance<sup>4</sup> our busy city life?

Hiking is definitely a great one. It allows people to relax and exercise at the same time. You can easily find different hiking trails<sup>5</sup> over Hong Kong. Some of the famous ones are the Lion Rock and Lantau Peak.

However, if you want to stay within<sup>6</sup> the city, you can visit the Hong Kong Flower Show in Victoria Park. Every year, it attracts thousands of people to appreciate<sup>7</sup> the beauty of the flowers and share their planting experience<sup>8</sup>.

Nature brings us peace and happiness. If you feel stressed and tired, why not find your own way to nature?

## What is each paragraph about?

### A. Paragraph

The importance<sup>9</sup> of nature to human

### B. Paragraph

Introduction<sup>10</sup> of the Hong Kong Flower Show

### C. Paragraph

i. The advantages<sup>11</sup> of going hiking

ii. Examples of hiking trails in Hong Kong

### D. Paragraph

Suggestion<sup>12</sup> to readers

## Questions

1. What are the advantages of getting close to nature?
2. What are some popular hiking trails in Hong Kong?
3. How often is the Hong Kong Flower Show held?
4. What can people do in the Hong Kong Flower Show?



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### Vocabulary:

1. Hongkonger 香港人
2. get in touch 接觸
3. memory 記憶力
4. balance 平衡
5. hiking trail 遠足徑
6. within 在……之內
7. appreciate 欣賞
8. experience 經驗
9. importance 重要性
10. introduction 介紹
11. advantage 好處
12. suggestion 建議