



Fight Against The Overweight And Unfit Problems

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Nowadays we seldom worry about not having sufficient food to eat. We never have a fear of starvation. Recently, many reports have found that the number of young people who are overweight and unfit has increased in comparison to that of previous years. Some health experts are concerned about the youngsters' lifestyles. What are the causes leading to this situation? What methods can be suggested to help them be fit and healthy? Let's talk about it.

Firstly, many young people in Hong Kong eat many times a day — before lunch, tea time, evening snacks, etc. Non-stop eating makes their bodies absorb more nutrients than they need. Thus their bodies will store the excess nutrients and they will become overweight. One of the most obvious examples is that many young people cannot control themselves when eating snacks and it eventually becomes their habit. As many snacks contain unhealthy substances, eating too much will definitely affect their health and make them unfit.

Secondly, young people do less exercise. In school, they do not have much spare time to do exercise or play sports, especially the senior form students who have to take part in the public exam. They use most of their time to study and do homework. Owing to the fact that Hong Kong is an examination-oriented city, people think that exercising and playing sports waste time and that good students should study all the time. Another reason is there are not enough playgrounds or sports centres in Hong Kong and this situation cannot encourage youngsters to do more exercise to keep fit.

Thirdly, many youngsters are under pressure that comes from many areas. For instance, their schools and parents give them a lot of pressure on their studies. If they cannot achieve good results in their tests or examinations, they will feel very frustrated and depressed. So most young people like to release their stress by eating a lot. They think that eating can help distract their attention from the immeasurable pressure.

To solve these problems, I think we should first educate youngsters to

eat on time. A regular diet can make us healthy and fit. Young people should eat more vegetables and less meat. An unbalanced diet will only cause us to become unhealthy. For the problem of lack of exercise, I think the government should organize more sport competitions, such as inter-district football competitions, to encourage youngsters to take part in. Through these activities, teenagers will understand the importance of doing exercise. The youth centre can also invite social workers to counsel students who suffer from great stress. Thus, students can learn the correct way to release their pressure instead of eating too much.

All in all, youngsters must face the problem of being overweight and unfit. They should be aware of the importance of a healthy body or they may get sick easily.

Teacher's Feedback : The overall content is relevant to the topic and the ideas are thoughtful. Some examples are also given to support the writer's ideas. The topic sentences can be written in a better way. For instance, in paragraph 3, "young people do less exercise" may be changed to "young people face overweight problems due to the fact that they do very little exercise." The conclusion can be longer. You must restate the thesis statement and summarize the reasons for the overweight problem. (Miss Law So Chi)

Food For Thought : Regarding the above-mentioned problem, there have been some slimming programs exclusively designed for the youngsters recently. Have you heard of any of them? Would you cast your opinions on these programs?