

Wah yan college, hong kong

Health & Medicine, Obesity



Wah Yan College, Hong Kong Essay Writing Form 3 K Name Ng King Kiu
Edwin Class No. 30 Date 24th February 2012 Based on the information provided on pages 100-102 of your textbook, write an article for Starlet about tackling child obesity in about 200 words. Give your article an appealing title. Start a Healthy Lifestyle Now ! Child obesity is one of the outstanding concerns in Hong Kong. The number of overweight people in Hong Kong ranks among the top Asian cities, the Department of Health stated. The main reason of suffering from obesity is the lifestyle of the children has changed. The problem is getting atrocious. But how can the matter be resolved? The department also pointed out that Hong Kong students like to snack on high sugar, fat and salt snacks such as sweets and chips. Furthermore, students spend most of their free time doing homework, surfing the Internet and watching TV instead of playing at school. They said the reason was the school is too crowded for playing and the sports facilities are too few. The phenomenon shows the changing of lifestyle has a acute influence on students. Chronic ailments such as heart disease, high blood pressure, stroke, diabetes and cancer could be led by obesity, Dr. Ho Mei-lin from the Centre for Health Protection said. It can also cause psychological problems because many overweight people are afraid of being rejected and are therefore grudging to have a hand in social activities. Since the students have more pocket money, they become open-handed and lavish when it comes to the purchase of snacks. As the demand for snacks is growing, the school tuck shop sells only soft drinks, fish balls, ice cream and chips. Moreover, students buy their lunch at school for convenience instead of bringing their own lunch boxes in modern-day. Many of their parents

complain the meals offered by the school caterer are fatty and very unhealthy. Most of the food is fried deeply by plenty of oil and the vegetables are little. In order to maintain a fit bodyweight, regular workouts should be done to help to burn excess calories. Therefore, the school should added more sports facilities and PE lessons which is benefited to them. Also, the school should provide healthier food choice and the students should avoid from eating high fat food do some sports in their free time. Prohibiting the tuck shop from selling too many snacks can help the students form eating them. Remember, it's never too late to have a healthy living and stay away from the mortiferous disease. Let's get off to a good start, shall we?