

Class: 3B

Name: Chan Cheung Hei

Topic: Health and Beauty

Text type: Letter of Advice

Hi Mandy,

Thank you for your e-mail. I'm very sorry to hear about your problems and I hope I can give you some advice that may help you.

You mentioned that you don't have any time for hobbies. That's a common problem amongst today's secondary students. Many students always have many tutorial classes, don't they? Actually, it's advised that you should manage your time well. You should set a timetable. If I were you, I would also have an honest talk with my parents about my schedule. You need to tell them that you want to have more time for hobbies. An international study by the World Health Organization has found that a holistic approach, increasing teenage happiness, is the most important part of adolescent development. Balance is the Golden Rule. You may set your timetable with your parents so that you can fit your studying in with connecting with your family and friends.

Besides, you also said that your parents have a high standard for your academic performance. Come on, Mandy, you must study harder if you want to have a better result. Try to take time to smell the roses; if you get a high mark, your parents and teachers will be so proud of you. Also, you can read more books on the subjects that you are weak in. Reading books can let you acquire more knowledge outside the classroom. Moreover, you should keep your eyes on the prize. Focusing on your goals can make you have a strong will to achieve them.

Finally, let's talk about your weight issue. In fact, overeating is the crux of your problem. You need to find a positive and healthy way to fix it. In order to keep fit, you should eat fewer sugary foods and snacks. These kinds of foods will increase your lipids. Don't you know that if you eat too much, you may suffer from various kinds of diseases, like diabetes and heart diseases? In addition, you should do more sports. Doing sports can help your body burn calories. I'd eat more vegetables and meat if I were you; it'll help you to have a healthy body.

I hope my advice is valuable. Please write to me if you have any more questions.

Best wishes,

CHRIS