

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 7

#31 Healthy Hong Kong future rests on lunchbox choices

Skills/ Objectives: Reading and Writing

PART 1: Before you read...

Preparatory questions

1. When you were in high school, where did you have your lunch? What did you have for lunch?

Vocabulary

1. Unsolicited (adjective): not asked for; unnecessary
2. Incidence (noun): the rate at which something happens
3. Sedentary (adjective): involving a lot of sitting and little exercise
4. Hypertension (noun): a condition in which one's blood pressure is extremely high
5. Proliferation (noun): a sudden increase in number

PART 2: Article

The editor from the South China Morning Post comments on the quality of school lunchboxes in Hong Kong, based on a survey conducted by the Centre for Health Protection (CHP) and the Centre for Food Safety.

Healthy Hong Kong future rests on lunchbox choices (*click the link read the article*)

<https://www.scmp.com/comment/insight-opinion/hong-kong/article/2163612/healthy-hong-kong-future-rests-lunchbox-choices>

(Source: South China Morning Post)

PART 3: Let's discuss!

1. What can Hong Kong primary and secondary schools do to improve the quality of school lunchboxes?
2. Should the Hong Kong government provide more financial support to schools that provide healthy lunches for students?

PART 4: Writing

Joy Pamnani and Charlotte Fong debate whether the Hong Kong government should provide more financial resources to schools that offer healthy meals for students. Summarize their arguments. Who do you agree with? Why? Provide your arguments too.

<https://yp.scmp.com/over-to-you/columns/article/110353/face-should-government-give-more-financial-support-schools>

PART 5: Learn further

- 1. Hong Kong schoolchildren eat less salt and sugar in lunches but too much protein and not enough dietary fibre, health officials say**

This article reports on a study of the quality of school lunchboxes in Hong Kong.

<https://www.scmp.com/news/hong-kong/health-environment/article/2161904/hong-kong-schoolchildren-eat-less-salt-and-sugar>

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