

ENGLISH LANGUAGE PAPER 3
(Silverback Mock)

Question-Answer Book

Time allowed: 2 hours

INSTRUCTIONS

- (1) Write your phone number on the barcode label area provided on Pages 1 **ONLY**.
- (2) Attempt **ALL** tasks in Part B (Tasks 8 – 10).
- (3) Write your answers clearly and neatly in the spaces provided in this Question-Answer Book. **Answers written in the margins will not be marked.** You are advised to use a pen for **ALL** tasks.
- (4) Do **NOT** write your answers in the Data File.
- (5) Supplementary answer sheets will **NOT** be supplied on request. Please Write your Candidate Number, fill in the question number and stick a barcode label on each sheet.
- (6) Rough-work sheets are not provided. They will **NOT** be marked even if received.

Please stick the barcode label here.

Candidate Number

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Part B

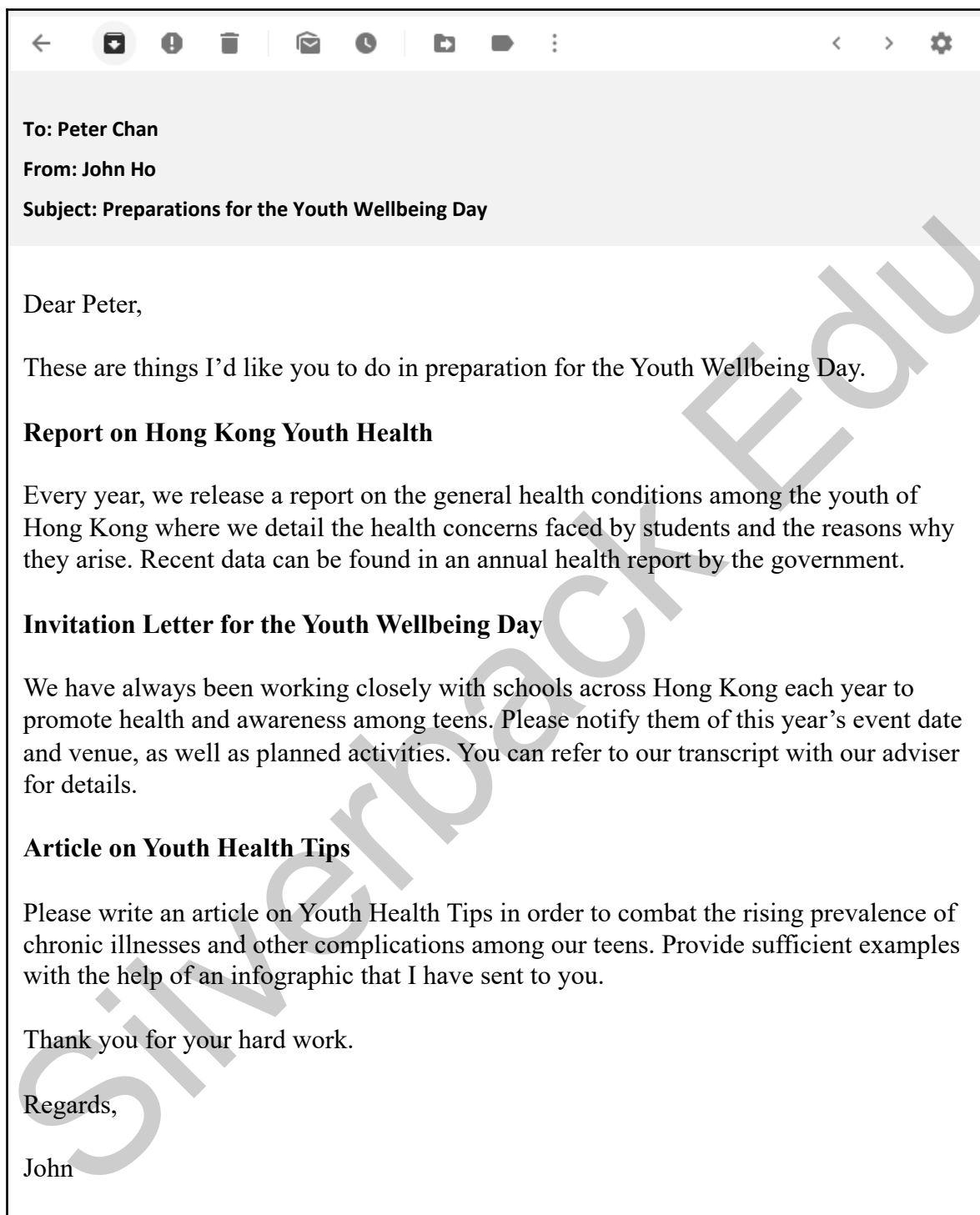
Situation

You are Peter Chan, the secretary of the Hong Kong Fitness Club. Your boss John Ho coordinates the annual Youth Wellbeing Day. You would do your best to ensure the smooth running of this event.

You will now receive relevant data to help you finish preparation tasks. Complete the tasks by following the instructions in the Question-Answer Book, the Data File.

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Email from John Ho to Peter Chan



The image shows a screenshot of an email client interface. At the top, there is a toolbar with icons for back, forward, search, and other functions. Below the toolbar, the email header is displayed in a light gray background. The header includes the recipient's name, the sender's name, and the subject of the email. The main body of the email contains a greeting, a paragraph of text, and three bolded section headers followed by their respective paragraphs. The text is clear and legible, with a large watermark 'Silverback Edu' overlaid diagonally across the page.

To: Peter Chan
From: John Ho
Subject: Preparations for the Youth Wellbeing Day

Dear Peter,

These are things I'd like you to do in preparation for the Youth Wellbeing Day.

Report on Hong Kong Youth Health

Every year, we release a report on the general health conditions among the youth of Hong Kong where we detail the health concerns faced by students and the reasons why they arise. Recent data can be found in an annual health report by the government.

Invitation Letter for the Youth Wellbeing Day

We have always been working closely with schools across Hong Kong each year to promote health and awareness among teens. Please notify them of this year's event date and venue, as well as planned activities. You can refer to our transcript with our adviser for details.

Article on Youth Health Tips

Please write an article on Youth Health Tips in order to combat the rising prevalence of chronic illnesses and other complications among our teens. Provide sufficient examples with the help of an infographic that I have sent to you.

Thank you for your hard work.

Regards,
John

Hong Kong - A recent study has shown that many students in Hong Kong are facing health issues that could impact their academic performance and overall wellbeing.

Our city is known for tough examinations and intense academic competition. It should come as no surprise that one of the main problems that students are facing is related to mental health. The intense academic competition and pressure to succeed is leading to high levels of stress, anxiety, and depression among students. Another issue is related to lifestyle habits, with many students consuming diets high in sugar and fat, and not engaging in regular exercise. These unhealthy habits are leading to a range of health problems, including obesity and heart disease. Of course, with such a heavy work load, students might have to work for long hours. Thus, another study identified sleep problems as a significant concern for students in Hong Kong. Many are staying up late to study or socialize, which is impacting their ability to concentrate in class and could be contributing to mental health problems.

It is clear that there is a pressing need to address these issues and support the health and wellbeing of students in Hong Kong. Do take a look at the Annual Health Report to know more!

Event Timetable

Order	Event
1	Opening Ceremony
2	Fit for a King
3	Chill Out
4	Mind Master
5	Expert Sharing Session
6	Closing Ceremony

Leaflet for the Event

Hong Kong Youth Wellbeing Day

Join us on 22nd April for the Hong Kong Youth Wellbeing Day! Our aim is to help youngsters understand the importance of living a healthy life.

Date: 22/4

Venue: HKU main Hall

This event is open to all young people in Hong Kong who want to learn more about how to live a healthier and happier life. We will have a range of activities and workshops to help you learn more about how to take care of your body and mind.

Come along and meet like-minded people, take part in fun activities, and learn from health experts. You'll leave feeling inspired and motivated to live your best life.

Don't miss out on this exciting event! Register online now to secure your place. We look forward to seeing you there!

The annual health report for Hong Kong has been released, and it contains some concerning statistics regarding the health of the population.

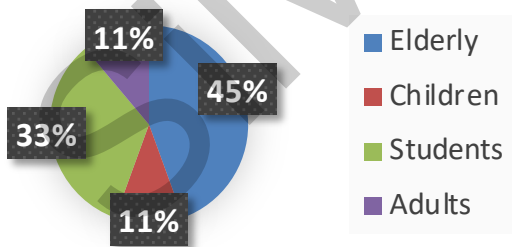
According to the report, the incidence of chronic diseases, such as diabetes and heart disease, has increased significantly in the past year. The number of individuals diagnosed with these conditions has risen by 10% since last year, with obesity being a major contributing factor.

In addition to this, mental health concerns continue to be a significant issue for the population. The report shows that the number of individuals seeking treatment for mental health problems has increased by 15% since last year. Depression and anxiety are the most common mental health conditions being reported.

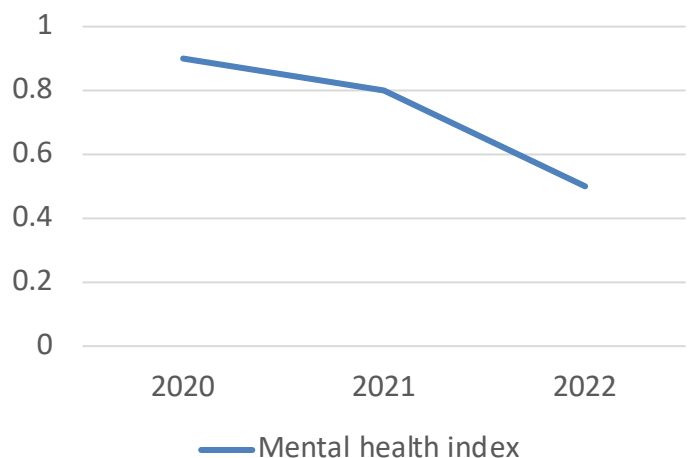
The report also highlights the importance of regular exercise, with only 30% of the population meeting the recommended guidelines for physical activity. This is a concerning statistic, as lack of exercise is a major risk factor for chronic diseases.

To illustrate these findings, a chart has been included in the report.

Chronic Diseases



Teen Mental Health Index



STAY HEALTHY

Three effective tips to stay health throughout the DSE

Exercise regularly



Aim for at least 60 minutes of moderate to vigorous exercise every day

Stick to a consistent sleep schedule.



Aim for 8-10 hours of sleep per night, and establish a regular sleep routine to help promote healthy sleep habits

Eat a Balanced Diet



Eat a balanced diet to limit the intake of processed and sugary foods, and drink plenty of water throughout the day.

Meeting between John Ho, Jamie Olive and Peter Chan

John: Okay, let's get started. We have a lot to cover today. First on the agenda, let's talk about Fit for a King.

Jamie: Yeah, I'm really excited about this one. We're planning to give the teens an opportunity to taste healthy and cheap meals to keep fit.

Peter: That's great. It's important to show young people that eating healthy doesn't have to be expensive or time-consuming.

John: Absolutely. We've lined up some great chefs to showcase their recipes.

Jamie: And let's not forget Chill Out. It's important to teach young people how to manage stress and take care of their mental health.

Peter: That's an excellent addition to the event. We want to make sure that the students can understand how to be mindful and relax.

John: How about the fourth one? Is there enough time for it?

Peter: I think not, let's keep this for next one!

John: Okay, I think we have a solid plan in place. But we still need to finalize some details.

Jamie: True, let's update each other through email!

Peter: By the way, Professor Olive, are there any tips for students to minimize stress?

Jamie: Yeah! Students can adopt a balanced study routine to minimize stress on specific points of time.

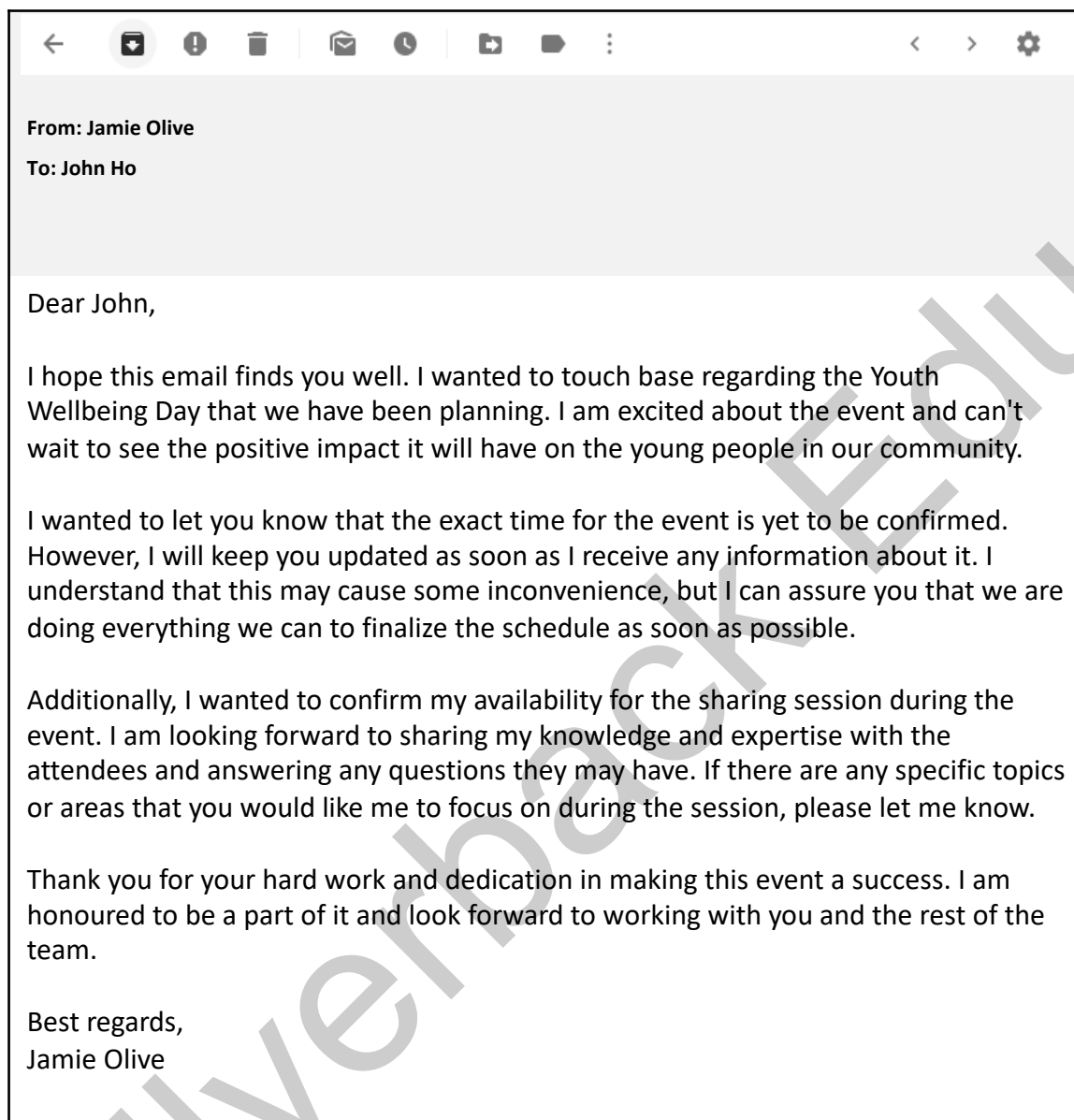
Peter: Oh, nice to know!

Jamie: Of course, they should stay connected with friends and family, and seek out positive social connections during stressful exam period.

John: Thanks a lot, we've learnt a lot today, see you next week!

Jamie: Thanks for inviting me, Bye!

Emails between Jamie Olive and John Ho



What it Takes to be Healthy

As students juggle the demands of schoolwork, extracurricular activities, and social lives, they often experience high levels of stress and tension. These pressures can lead to headaches and migraines, which can be debilitating and cause students to miss school or fall behind in their studies. Migraines and headaches, in particular, can be triggered by stress and tension at school, resulting in symptoms such as intense pain, sensitivity to light and sound, and nausea.

Stress can also have a negative impact on the skin. When the body is under stress, it produces a hormone called cortisol, which can cause the skin to produce more oil. This can lead to clogged pores and acne breakouts, which can be painful and uncomfortable for students. Stress can also exacerbate other skin problems such as eczema, psoriasis, and rosacea, making it difficult for students to focus on their studies and participate in activities.

The rise of technology has brought many benefits, but it has also led to a new problem: internet addiction. Many students spend hours each day on their phones, tablets, or computers, scrolling through social media, playing games, or watching videos. Internet addiction can worsen existing lifestyle problems such as lack of exercise, poor sleep habits, and unhealthy eating habits. It can also lead to social isolation and a lack of face-to-face interaction with peers and family members. To combat this students could limit time used on social media to one or two hours per day.

If you want to know more about this, please Visit the Hong Kong Fitness Club website to know more

Hey there, students! As exams loom on the horizon, it's important to make sure you're taking care of your health. I know it can be tough to prioritize healthy habits during this busy time, but trust me, it's worth it.

Avoid skipping meals! I know it can be tempting to just grab a quick snack or forget to eat altogether when you're studying all day, but that can actually lead to overeating and unhealthy food choices later in the day. So, make sure you're getting in regular, balanced meals with a variety of nutrients. For young girls who are too concerned about their body weight, watch out for anorexia, it's getting common these days.

Besides, limit your intake of alcohol. Excessive drinking can have negative effects on health and wellbeing. It can also interfere with sleep and impair cognitive function, making it harder to study effectively.

If you want to know more about this, please Visit the Hong Kong Fitness Club website to know more

8.1	mental health problems caused by intense academic competition and pressure to succeed
8.2	lifestyle habits such as consuming diets high in sugar and fat, and not engaging in regular exercise
8.3	Sleep problems from staying up late to study or socialize, which impacts the ability to concentrate in class
8.4	number of individuals diagnosed with chronic illnesses has risen by 10% since last year, with 33% being students
8.5	Teen mental health index dropped from 0.9 in 2020 to 0.5 in 2022
8.6	Headaches and migraines from stress and tension at school
8.7	Acne and other skin problems associated with stress and hormone fluctuation
8.8	Internet addiction which worsens lifestyle problems
8.9	Anorexia in young girls who were too concerned about their body weight

9.1	Aim to help youngsters understand the importance of living a healthy life
9.2	Time to be confirmed
9.3	Venue at HKU Main Hall
9.4	22/4
9.5	Fit for a King, taste healthy and cheap meals
9.6	Chill Out, understand how be mindful and relax
9.7	Professor Olive's sharing session
9.8	Online registration available

10.1	Aim for at least 60 minutes of moderate to vigorous exercise every day
10.2	Eat a balanced diet to limit their intake of processed and sugary foods, and drink plenty of water throughout the day.
10.3	Aim for 8-10 hours of sleep per night, and establish a regular sleep routine to help promote healthy sleep habits
10.4	Adopt a balanced study routine to minimize stress on specific points of time
10.5	Stay connected with friends and family, and seek out positive social connections during stressful exam period
10.6	Avoid skipping meals, as this can lead to overeating and unhealthy food choices later in the day.
10.7	Limit your intake of alcohol, as excessive drinking can have negative effects on health and wellbeing
10.8	Limit time used on social media to one or two hours a day
10.9	Visit the Hong Kong Fitness Club website to know more