

Exercise for Health

- A** In order to gain health benefits you are advised to do at least 30 minutes of moderate aerobic exercise, on most days (at least five days per week). Followings are the tips:

• **30 minutes per day** is probably the minimum to gain health benefits. However, you do not have to do this all at once. To make it easier to fit exercise into a busy schedule, you can do several short bursts of exercise. For example, three 10 minute sessions of exercise at different times in a day are thought to be equally as good. Try to increase the amount to 40-60 minutes per day if possible.

• **Moderate aerobic exercise** can get your heart pumping, make you warm and mildly sweaty, and quicken your breathing. It does not have to be intense. However, a study published in 2003 suggests that the more vigorous the exercise, the better for health - particularly for preventing heart disease.

• **On most days** you need to exercise on a regular basis because you cannot 'store up' the benefits of exercise.

- B** What else counts as aerobic exercise? Aerobic exercise is anything that makes your heart rate increase, and makes you at least mildly out of breath. Try brisk walking, cycling, swimming, jogging, dancing, badminton, basketball, jumping rope or soccer. Normal exercise can be part of your exercise routine. For example, fairly heavy household chores, DIY, or run around outside can quicken your breath and make you mildly sweaty. Instead of using a car or public transport, consider a brisk walk to work, or to the shops.

C Heart disease and stroke

Exercise can help your heart muscle get stronger. In addition, it also reduces some 'risk factors' for heart disease and stroke. On average, the risk of developing heart disease such as angina or a heart attack is reduced by about an average of 33 % in people who exercise compared to those who do no exercise. You are also less likely to have a stroke. The average of blood pressure, cholesterol, and body weight are lower in people who regularly exercise compared with those who do not.

A common wrong belief is that exercise may be "bad for the heart". On the contrary, exercise is good for most people with heart disease. Regular exercise is usually advised for people who already have heart disease as it is an important way to help prevent the disease from getting worse.



Profile



Mia Wong

區志敏教育實力英語天后、精於應試考卷作者、人氣專欄作家、大型考試講座主講者、擁有超過十年教學經驗，她著「學好英文，先要懂英文」的教學理念多年來深受學生及老師讚賞。教學方法獨特、常從傳媒爭新聞道（包括《日本東京電視台》、《壹周刊全網尋》）、廣播雜誌、專業用心，為學生喜愛與信賴的英語導師。
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Total marks : 12

Write the letter(A-C) for your selection next to the correct heading. (3 marks)

- Amount of Exercise You Should Take 1. _____
- Health Benefits of Exercise 2. _____
- Type of Aerobic Exercise 3. _____

Decide whether the statements are **True**, **False** or the information is **Not Given**. Put a tick in **ONE** box only for each statement. (4 marks)

- | | True | False | Not Given |
|--|--------------------------|--------------------------|--------------------------|
| 4. Health benefits can only be gained by a consecutive 30 minutes exercise every day. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Exercise is "bad for heart" | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. You are less likely to fall and be injured if you exercise regularly. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. The benefits of exercise can be stored up. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. According to paragraph 3 ("Heart disease and stroke"), why should heart disease patient exercise regularly? (2 marks) | _____ | | |

Choose the best answer and blacken **ONE** circle only.

- Another title for this article could be..... (1 mark)

| | | | | |
|--------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| A. Hazards of exercise | A | B | C | D |
| B. Exercise is cool | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| C. The drudge exercise | | | | |
| D. Information on heart attack | | | | |
- Give two tips in order to get the health benefits from exercising. (2 marks)

Answers

- A
- C
- B
- False
- False
- Not Given
- False
- It is because it is an important way to help prevent the disease from getting worse.
- B
- Firstly, we should have 30-minute exercise per day. Secondly, we should have moderate aerobic exercise.

Teenage Smoking in Hong Kong

- [1] Hong Kong has the most stringent and anti-smoking laws in the world and powerful anti-smoking campaigns, and yet smoking among adolescents is on the rise.
- [2] According to a youth tobacco survey, in Hong Kong, 35% of schoolboys aged 17 or above are smokers, compared to 15% of schoolgirls of the same age. This roughly means one-fourth of the students in this age group smoke. Schoolgirls in particular have seen an upsurge in the past three years.
- [3] The survey also provided readers with some other startling results. While 80% of grown-ups quit smoking because of health reasons, more than 90% of teenagers being interviewed said that they had not thought about the health risks involved when they took the first puff. Many teenagers said that they did not realize their bodies could get so accustomed to the nicotine that it would be very difficult for them to quit once they had started smoking.
- [4] There are many reasons why teenagers smoke, according to Chick Siu, an experienced health worker. The most typical reason is peer pressure. Teenagers want to be accepted by their friends who smoke and they find it hard to resist doing what their friends want. Another reason is low self-esteem. Some teenagers smoke because they are unsure about themselves and they want to make an impression on others. They believe that smoking makes them look more grown-up and cool. Other reasons include curiosity and a lack of parental role models. Some smoke to figure out what it is like.
- [5] Dr. Sally Wong, a famous psychologist who is a leader in smoking research, attributes the alarming number of teenage smokers to tobacco companies. Dr. Wong deems that tobacco companies' creative marketing campaigns influence teenagers to smoke. She points out that tobacco companies give young people a wrong message about smoking through their marketing campaigns and sponsorships of sports events. She further pinpoints that there is a growing trend in the fashion industry to team up with tobacco companies to sell fashion to teenagers with advertisements that show glamorous models with cigarettes.



Decide whether the following statements are *true*, *false* or *not mentioned* in the text. Tick (✓) the appropriate Answer column. For *True* and *False* statement, please also give the paragraph number in the Paragraph Number column to indicate where the information can be found. The first one has been done for you as an example. (10 marks)

| Statement | Answers | | | Paragraph Number |
|---|---------|-------|---------------|------------------|
| | True | False | Not Mentioned | |
| (a) The anti-smoking laws in Hong Kong are the strictest in the world. | ✓ | | | 1 |
| (1) The effectiveness of the anti-smoking laws is disappointing as there is a surge for juvenile smokers. | | | | |
| (2) 50% of the schoolchildren are non-smokers. | | | | |
| (3) The survey reveals that 20% of adults gave up smoking not owing to health reasons. | | | | |
| (4) Peer pressure and low self-esteem are two equally common reasons for teenage smoking. | | | | |
| (5) A psychologist points out the effect of tobacco companies' advertising strategies on teenage smoking. | | | | |

Answers

| | | | |
|-----|---------------|---|--|
| (1) | True | 1 | In paragraph 1, the writer mentions that "smoking among adolescents is on the rise." The noun "rise" carries similar meaning as "surge". The conjunction "yet" shows the writer's underlying criticism against the uselessness of anti-smoking laws. |
| (2) | Not Mentioned | | In paragraph 2, the writer just mentions there are 35% and 15% of schoolboys and schoolgirls aged 17 who are smokers respectively. However, there is no information about other age groups in the question. |
| (3) | True | 3 | In paragraph 3, the writer mentions that 80% of grown-ups / adults have given up smoking because of health reasons. That means 20% of them have given up smoking NOT because of health reasons. All information matches. |
| (4) | Not Mentioned | | In paragraph 4, the writer simply mentions the two reasons for teenage smoking. The readers do not know which one is more important or if they are equally important. |
| (5) | True | 5 | In paragraph 5, the writer mentions "tobacco companies' creative marketing campaigns influence teenagers to smoke." This shows the effect of tobacco companies' marketing strategies on teenage smoking. |

Profile



Mia Wong

英國教育資深英語文筆、報章雜誌參考考作者、人氣專欄作家、大型考試講座主講者、富有超過十年教學經驗。著有《掌握好英文·九華堂上英文》的教學理念多年來深受學生家長佳績、教學方法獨特。亦被傳媒爭相報導（包括《日本東京電視台》及《世界全通網》）、風靡曲藝、專業用心、為學生度身定造的英語導師。
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6 Best Haunted Houses around the United States

1. Terror Behind the Walls at Eastern State Penitentiary (Philadelphia, Pennsylvania)

Built as a haunted house inside a state prison, this lost world of crumbling cellblocks and empty guard towers stands behind the Eastern State Penitentiary's massive 40-foot high walls. This is home to Terror Behind the Walls, ranked the "Number 1 Haunted House in the U.S." by AOL City Guide, and labeled "perfect for Halloween" by the *New York Post*.



2. Nightmare New England (Litchfield, New Hampshire)

New England's legendary Spookyworld joined Nightmare New England to forge one of the largest and most terrifying Halloween Scream Parks in the country. The scale and variety of this mega-park offers something to thrill even the boldest of Halloween fanatics. Nightmare New England and Spookyworld feature seven terrifying haunted attractions and a "Monster Midway" where hundreds of freakish characters freely roam the grounds and lurk around every corner.

3. Bennett's Curse (Baltimore, Maryland)

Bennett's Curse is the only medieval vampire knight themed haunted house worldwide. Original scenes, enthusiastic actors, and state-of-the-art special effects combine to create an unforgettable experience.

4. 13th Door (Denver, Colorado)

Once you check into the legendary Barrington Hotel, you become immersed in the events that took place on the night of the hotel's infamous October 1912 massacre. In order to check out, you must proceed through a series of 13 doors. Will you survive or become the hotel's next victim? Your hope lies in making it through the hotel's mysterious 13th Door.

5. Haunting On the Hill (Patterson, New York)

A local favorite, this emotional rollercoaster takes you through a hayride and haunted village of unique and never-seen-before scares. In its eighth year, the Haunting on the Hill offers a hayride, a general store, a schoolhouse and even a creepy hotel. Well known for its Bones of Jones attraction, actors strive to terrorize every visitor.

6. Terror on the Fox (Greenbay, Wisconsin)

With four attractions from an asylum to the pitch-dark void, the torment is pure torture. Terror on the Fox is sure to put you on the edge when you discover you are virtually trapped. This is the only haunt in the nation actually located at a real train station.

Below is a summary of the article. However, there are some missing words. Read the article and then fill in each blank with **ONE** word only which best completes the sentence, keeping the meaning of the original text. Note that the most suitable word may or may not appear in the article. You should also make sure that your answers are grammatically correct. The first one has been done for you as an example. (13 marks)

There are a (e.g.) of famous haunted houses in the United States.

(e.g.) number

Among them, the one in Philadelphia is (1) inside a state prison.

1. _____

The walls there are (2). Another one is in Litchfield, which offers

2. _____

something (3) to Halloween fanatics. In Nightmare New England

3. _____

and Spookyworld, the (4) are haunted attractions and horrifying

4. _____

characters. The next one is Bennett's Curse, which earns (5)

5. _____

recognition. Visitors can (6) unforgettable events in it. For visitors

6. _____

in Colorado, they can take part (7) events in the Barrington Hotel.

7. _____

What is on the hotel's 13th floor remains a (8). The chance of (9)

8. _____

is not guaranteed. Furthermore, the haunted house in New York

9. _____

gives visitors an (10) of a number of exciting events. Every visitor

10. _____

is going to be (11) by actors there. The last one is in Greenbay.

11. _____

Visitors find that they are (12) in a scene (13) at a train station.

12. _____

13. _____

Answers

1. built (p.p.) 【verb to be "建"後接過去分詞built •】
2. massive (adj.) 【verb to be "是"後接形容詞massive •】
3. thrilling (adj.) 【verb to be "是"後接形容詞thrilling •】
4. features (n.) 【動名詞feature及單數動詞feature，表示中間單數名詞features •】
5. worldwide (adj.) 【形容詞worldwide修飾名詞recognition •】
6. experience (v.) 【動名詞can後接原形動詞experience •】
7. in (prep.) 【take part in參加，編「參加」•】
8. mystery (n.) 【非限定冠詞a後接名詞mystery •】
9. survival (n.) 【介詞of後接名詞survival •】
10. offer (n.) 【非限定冠詞a後接名詞offer •】
11. terrorized (p.p.) 【verb to be後接過去分詞terrorized •】
12. trapped (p.p.) 【verb to be "是"後接過去分詞trapped •】
13. located (p.p.) 【located為過去分詞，表示被動語態 •】

Profile



Mia Wong

英皇御用實力語法大師，親到港試考會考作文、入職專修作家、大型考試講座多年講師，擁有超過十年教學經驗，著書「學好英文」，「先掌握上英文」的教學理念深受中港學生歡迎。教學方法獨特，掌握得最準的秘笈（包括《日本東京電視台》及《德國全線電視》），風靡全球，備受肯定，為學生最喜愛的英語講師。

(人氣個人網站: www.mia Wong.com.hk)

Reading

大家好，一連八期專欄，我將會分享四卷的應試技巧及提供模擬試卷，確保各位同學可以在考試前有充足的準備，考取佳績！

DSE Reading卷佔總分20%。Part A為必答部分，另外，同學可選答Part B1（較容易部分）或Part B2（較困難部分）。選答B1最多只能獲得Level 4；選答B2最多能獲得Level 5**。

Reading涉及的題型繁多，同學須要多加操練，謹記英文知識及應試技巧缺一不可。今期提供一份參考DSE的模擬試題，讓同學測試一下自己的水平吧！

現代教育英文科名師

- 現代教育英文科名師
- 英語權威 考試專家
- 每年均貼中公開試試題，歷年奪Level 5**及A級學生人數眾多。
- 曾被《學友社》邀請為模擬試英文科唯一擬卷及主講者。
- 曾為《星島日報》教育版專欄作家
- 暢銷英語參考書作者
- 個人網站：www.miauwong.hk
- Instagram：[miauwongwong](https://www.instagram.com/miauwongwong)
- Facebook：[Mia Wong English Team](https://www.facebook.com/MiaWongEnglishTeam)



Mia Wong

Pokemon Go mania drives players into wild outdoors

[1] Pokemon Go mania has quickly swept the US as players armed with smartphones hunt streets, parks, rivers and elsewhere to capture monsters and gather supplies in the hit game.

[2] The free application based on a Nintendo title that debuted 20 years ago has been adapted to the mobile internet age by Niantic Labs, a company spun out of Google last year after breaking ground with Ingress, a game that merged mapping capabilities with play.

[3] Pokemon Go had been downloaded millions of times, topping rankings at official online shops for applications tailored for smartphones powered by Apple or Google-backed Android software. According to the research firm SimilarWeb, the game was downloaded in more than five percent of Android phones in the first two days of release and **had outpaced the dating app Tinder**.

[4] The game uses GPS and mapping capabilities in mobile phones to let players roam the real world to find "PokeStops" stocked with supplies and hunt cartoon character monsters to capture and train for battles. PokeStops can also dispense monster eggs, which players incubate by racking up walking distances. Players can also visit "gyms," where captured cartoon creatures can be conditioned as combatants to seize such training facilities.

[5] "It's cool to actually play as a Pokemon trainer in real life," said Lucas Garcia, a 17-year-old California boy who has been a fan for more than a decade. "It is nice to have a video game that makes **you** actually walk around instead of sitting in front of a TV screen holding a controller."

[6] People who played Ingress will recognize PokeStops and gyms, many being monuments, signs, businesses or other real world spots that served as "portals" that could be captured in the earlier Niantic game. "We have helped users all around the world have fun, socialize, and get more fit as they play and explore," Niantic chief executive John Hanke said in a blog post when Pokemon Go was released in the US, Australia and New Zealand.

[7] A tidal wave of interest in the game has bogged down servers hosting the software, frustrating some players and delaying plans to launch Pokemon Go in more countries. "I downloaded it because everyone that I know has liked Pokemon since before fifth grade," said California teenager Owen Fairchild, who is now in college. "Now that I have it, I get it. I never really walked around, but a couple of days ago, I walked across the island... and I hatched two five-kilometer (three-mile) eggs."

[8] A young woman playing Pokemon Go came upon a dead body in a Wyoming river while hunting a water monster in the game, according to US news reports. Pokemon Go comes with warnings to players to remain aware of their surroundings. Fairchild told of being so engrossed in the game that he has walked into things on sidewalks. Some US authorities are advising players to avoid breaking the law by trespassing in places that aren't open to the public in the search for cartoon creatures, and saying

that some players have been targeted by criminals.

[9] "If you use this app (or other similar apps) or have children that do, we ask you to please use caution," the O'Fallon, Missouri Police Department said on its Facebook page. The department also warned that robbers were preying on players drawn to rich troves of Pokemon monsters in parking lots or other places where victims might be vulnerable.

[10] Pokemon monsters can be seen through smartphone cameras, with characters appearing in whatever real settings are in view. They are caught by hitting them with virtual balls tossed by swiping across touch screens. "I'll walk up to a PokeStop and see all of these people standing around flicking their fingers across their phones," Garcia said. "It's comforting to know there are a lot of us nerdy types out there."

[11] Pokemon Go is not just heavily downloaded. It is being kept by players and, in the majority of cases, played daily on a scale that already rivals the use of Twitter, according to industry trackers. People are also spending money to buy virtual items. "I have always liked the idea of going around the real world to collect and catch Pokemon; it has been a dream of mine," Garcia said.

Source: <http://phys.org/news/2016-07-pokemon-mania-players-wild-outdoors.html>

Read the above text and answer questions 1 — 12.

- Which word in paragraph 1 suggests that Pokemon Go can be an interest that uses up all of players' time?

- In paragraph 3, why does the writer mention Pokemon Go "had outpaced the dating app Tinder"?

- What is the aim of visiting "gyms"?

- In paragraph 5, "you" refers to...

- Which of the following is not a feature of Pokemon Go?
A. Monster eggs are provided by PokeStops.
B. Players can incubate by accumulating walking distances.
C. There are a lot of supplies in PokeStops.
D. It is a game without mapping capabilities.
- According to John Hanke, what are the benefits of playing Pokemon Go? (2 marks)

- How does the issue of servers affect the launch of Pokemon Go?

- Which phrase in paragraph 7 is used to give an explanation of a new situation?

- Why do some players commit criminal offences?

10. In what way does the O'Fallon, Missouri Police Department think players should treat the game?

11. What does "nerdy types" suggest about Garcia's opinion of Pokemon Go players?

12. How does the writer describe the relation between Pokemon Go and Twitter?

Answers

1. mania(noun) Explanation(解釋): 留意题目的提示字“an interest”為名詞，指示要在文中找名詞“mania”。
2. to show the(huge) popularity of Pokemon Go(inference) (推敲) Explanation (解釋): 從第三段尾句得知，Pokemon Go的下載量超過dating app(交友程式)Tinder，可見Pokemon Go大受歡迎。
3. to seize training facilities(paragraph 4) Explanation(解釋): 留意to infinitive (不定式)可以用來提示做某事的目的(aim)。
4. Pokemon trainers / fans / players(paragraph 5) Explanation(解釋): 留意pronoun(代名詞)“you”指前句的Pokemon trainer，“you”亦可以指Pokemon fans / players。
5. D(paragraph 2) Explanation(解釋): 第二段尾句指出Pokemon Go有mapping capabilities。
6. First, players (around the world) can have fun and socialize; (1 mark) (paragraph 6) second, they can get more fit as they play and explore. (1 mark) (paragraph 6) Explanation(解釋): 題目中的John Hanke幫助鎖定答案在第六段。John Hanke的說話中談及玩Pokemon Go的益處。
7. The plans to launch Pokemon Go in more countries are delayed. Explanation (解釋): “servers”一字幫助鎖定答案在第七段。題目中“How does... affect”提示答案是動詞“are delayed”。
8. Now that (paragraph 7) Explanation(解釋): 留意Now that的前後所用的tenses(時式)不同“downloaded”(simple past)及“have”(simple present)，從而推斷Now that帶出一個新情況。
9. They trespass in places that aren't open to the public in the search for cartoon creatures.(paragraph 8) Explanation(解釋): 題目中的commit criminal offences的同義詞為文中第八段的breaking the law，從而推斷trespassing in places...for cartoon creatures為答案。
10. Players should use caution. (paragraph 9) Explanation(解釋): 題目中的O'Fallon, Missouri Police Department幫助鎖定答案在第九段。O'Fallon的說話中談及玩Pokemon Go須要保持警戒“use caution”。
11. Garcia thinks Pokemon Go players are awkward or social embarrassing. (inference) (paragraph 10) Explanation(解釋): 第十段中，comforting(令人安慰)一字提示Pokemon Go玩家Garcia到戶外玩遊戲後的感受，從而推斷Garcia以往對玩Pokemon Go感到尷尬。
12. They are rivals.(paragraph 11) Explanation(解釋): Pokemon Go及Twitter二字幫助鎖定答案在第十一段。rivals解「競爭對手」。

Reading II

今期繼續探討應付DSE Reading卷的常見內容及相關技巧。謹記Reading文章，尤其是Part A（必答題）近年多數緊貼同學熟悉的內容，例如2016年Part A關於迷信及2015年Part A關於韓風。

同學應該要經常留意及溫習大熱的主題及複習不同題型，有助提升在DSE考試時的臨場應變能力。今期的模擬試題關於近年全球兒童面對的問題：癡肥。



現代教育英文科名師

- 現代教育英文科名師
- 英語權威 考試專家
- 每年均貼中公開試試題，歷年奪Level 5** 及A級學生人數眾多。
- 曾被《學友社》邀請為模擬試英文科唯一擬卷及主講者。
- 曾為《星島日報》教育版專欄作家
- 暢銷英語參考書作者
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- Facebook：[Mia Wong English Team](https://www.facebook.com/MiaWongEnglishTeam)

Mia Wong

Child obesity is now a global crisis

[1] Child obesity around the world has reached alarming levels. An estimated 41 million children under 5 years old are either obese or overweight as of 2014, and **the epidemic** is hitting developing nations especially hard.

[2] The total number of obese young children in countries in Asia and Africa now **outnumber those in wealthier nations** like the U.S., and those numbers are growing rapidly, according to a new report from the Commission on Ending Childhood Obesity.

[3] The study, which was commissioned by the World Health Organization, found that 48% of obese and overweight children under 5 years old lived in Asia and 25% in Africa as of 2014. In addition, the total number of overweight or obese young children in Africa nearly doubled over the past 24 years, increasing to 10.3 million from 5.4 million. For comparison, the U.S. has actually been able to curb the number of obese children aged 2 to 5 years, bringing the percentage down to 8.4% in 2012 from 13.9% in 2004 nationwide.

[4] “Obesity ranks up there as one of the biggest issues, and it is preventable,” said Miriam Nelson, director of the John Hancock Research Center on Physical Activity, Nutrition, and Obesity Prevention at Tufts University. “You don’t necessarily want to pit one disease against another—there’re still major concerns about tuberculosis and HIV in many nations. However, obesity will be an enormous burden on these children as they get older.”

[5] Children who are obese are very likely to remain obese as an adult, putting them at higher risk for heart disease, type 2 diabetes, and asthma. However, the effects go beyond the health risks and can lead to social discrimination and low self-esteem.

[6] “Obesity impacts a child’s quality of life as they face a wide range of barriers, including physical, psychological, and health consequences,” said Sania Nishtar, a doctor and Commission co-chair. “We know that obesity can impact education attainment, too.”

[7] These consequences then end up trickling through into adulthood and pose “economic consequences for them, their families, and society as a whole,” said Nishtar.

[8] The obesity epidemic in the U.S., which affects about 10.4% of children between 2 years and 5 years of age and more than 23 million children and teens in total, is estimated to cost our nation \$117 billion per year in direct medical expenses and indirect costs, like lost productivity, according to the Robert Wood Johnson Foundation. That total is for one nation for one year. The public have to take into account the lifetime cost for each obese child. The global effect of the obesity epidemic is staggering indeed.

[9] “Prevention of childhood obesity will result in significant economic and intergenerational benefits that currently cannot be accurately estimated or quantified,” according to the study.

[10] The Commission outlined a range of recommendations to WHO that governments around the world should implement to help fight the rising tide of obesity in children—and help curb the huge economic burden. This includes continually promoting healthy food and exercise habits from a young age, educating parents before and during pregnancy for earlier prevention, and providing weight management resources for children and young people who are battling obesity currently.

[11] “WHO needs to work with governments to implement a wide range of measures that address the environmental causes of obesity,” said Peter Gluckman, fellow Commission co-chair. “And help give children the healthy start to life they deserve.”

Source: <http://fortune.com/2016/01/25/child-obesity-global-crisis/>

Read the above text and answer questions 1 — 10.

1. What does “the epidemic” refer to in paragraph 1?
- _____
2. What does the writer mean by “outnumber those in wealthier nations”? (paragraph 2)
- _____

3. Based on the information in paragraph 3, decide whether the following statements are **True**, **False** or the information is **Not Given**.

| Statements | T | F | NG |
|--|-----------------------|-----------------------|-----------------------|
| i) The number of obese children aged 6 to 8 years in the U.S. has decreased. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ii) The number of obese children in Asia was more than that in Africa in 2014. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

4. How does Miriam Nelson think about the effect of obesity on children?
- _____
5. Apart from physical effects, what are other possible effects that obese children may suffer from?
- _____
6. Complete the summary of paragraphs 6 and 7 by writing ONE word to fill in each blank. Each word can only be used once. You should make sure your answers are grammatically correct, paying attention to tenses, plurals, etc. (3 marks)
Obese children not only have to face physical consequences, but also health and (i) _____ ones. They will eventually grow up as (ii) _____ and suffer from financial impacts, in addition to a (iii) _____ quality of life.
7. What is the writer’s attitude towards obesity epidemic in the U.S.?
A. Optimistic B. Pessimistic C. Neutral D. Indifferent
8. In what way can the prevention of childhood obesity benefit our society?
- _____

9. Is it possible for the U.S. government alone to deal with obesity? Why?

10. How does Peter Gluckman think about the importance of a healthy life to children?

Answers

- Child obesity (paragraph 1) Explanation(解釋): 留意pronoun(代名詞) “the epidemic” (流行病)指段首的child obesity。
- The total number of obese young children in countries in Asia and Africa is now more than that of those (obese young children) in wealthier nations. (paragraph 2) Explanation(解釋): 從第二段得知, 現時, 亞洲及非洲的癡肥小朋友的數量比富有國家的為多。
- i) Not Given
Explanation(解釋): 段中只談及2至5歲的美國癡肥小朋友的數量減少, 沒有提及其他年齡的癡肥小朋友的數量。
ii) Not Given
Explanation(解釋): 段中只談及亞洲癡肥小朋友的百分比(48%)較非洲癡肥小朋友的百分比(25%)高, 沒有提及實際人口數量。
- Obesity will be an enormous burden on obese children as they get older. (paragraph 4) Explanation(解釋): 留意不應照抄原文的pronoun(代名詞) “these children”, 以免語意不明。
- Obese children may suffer from social discrimination and low self-esteem. (paragraph 5) Explanation(解釋): 题目的關鍵字(keyword)為“other possible effects”, 撇除physical effects(對身體的影響), 癡肥兒童可能需要承受其他影響。
- (i) psychological / mental (paragraph 6) Explanation(解釋): (i)第六段談及癡肥兒童可能需要承受的障礙包括physical(生理)、psychological(心理)及health(健康)。留意空格應用形容詞, 修飾後接的名詞。
(ii) adults (paragraph 7) Explanation(解釋): (ii)第七段談及癡肥兒童長大成人後將面對問題。Preposition(介詞) “as”後接名詞adults。adulthood為名詞, 解「成年期」。
(iii) bad / low / poor (paragraph 6) Explanation(解釋): (iii)第六段談及關鍵字(keyword) “quality of life”(生活質素)為名詞, 空格應用帶有負面意思的形容詞, 以修飾名詞。
- B. (paragraph 8) Explanation(解釋): 第八段談及關鍵字(keyword) “the obesity epidemic in the U.S.” (美國癡肥流行病), 整段談及癡肥所帶來的負面影響, 可見作者感到悲觀。
- It will result in significant economic and intergenerational benefits. (paragraph 9) Explanation(解釋): 第九段談及關鍵字(keyword) “the prevention of childhood obesity”(預防兒童時期的癡肥狀態), 整段談及預防癡肥的好處。
- No, this is because governments around the world should implement a range of recommendations to help fight the rising tide of obesity in children. (paragraph 10) Explanation(解釋): 题目中的the U.S. government alone指「單憑美國政府」。第十段的governments around the world(世界各地政府)提示要互相合作。
- He thinks children should have a healthy start to life they deserve. (paragraph 11) Explanation(解釋): 留意題目給予的人物“Peter Gluckman”, 提示答案在其談話或引文中。

Writing

上兩期專欄主要探討應付DSE Reading卷的常見內容及相關技巧，今期的重心是Paper 2 Writing，佔全科25%，限時兩小時。Paper 2分為兩部分，Part A是必答題，佔10%，考生須要寫大約二百字；Part B為選答題，佔15%，考生須要在八條選修單元題目中選答一題，考生須要寫大約四百字。



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評分標準

同學最關心當然是評分標準，根據過往五年的DSE考評報告及考生的答卷，作文主要根據content（內容）、organization（組織）及language（語言）三大範疇評分。三大範疇各佔7分，共21分。

同學常見問題

問題1：如何在各範疇取得高分？

答：首先你要明白三大範疇環環相扣，正常情況下，考生在三方面的分數不會相差太大。要取得高分，關鍵在於你能否用恰當的語言回應題目的要求。句式及生字是表達的工具，如果你能靈活運用各種句式結構（包括簡單至SVO、relative clause（相關句）、艱深至inversion（倒裝句）等），輔以適當的生字（不必使用艱深的生字），已經足夠。相反，如果你不能運用不同句式，加上經常犯基本文法錯誤，例如tenses（時式）、agreement（一致性）（主語及動詞沒有保持一致，例如：plural noun（眾數名詞）配搭singular verb（單數動詞））、active voice及passive voice（主被動式）等，考官便有可能誤解內容，導致失分。

問題2：文法錯誤對整體分數有多大的影響？

答：承接上題，文法錯誤影響language分數，但每名考生總會犯不同形式的錯誤，關鍵在於會否影響考官理解內容。坊間有傳言Level 5*或Level 5**的文章完全沒有文法錯誤，顯然是謬誤。但是同時，同學應該盡量避免犯大意錯誤，例如2016年考評年報指，考生串錯常用字、用錯collocation（配搭）（例如：動名詞配搭）等。

問題3：運用名人雋言是否能提升文章的說服力及分數？

答：2016年考評年報指，一些考生引用名人的引言，例如Nelson Mandela及Steve Jobs，引用得宜的定義是考生能夠利用引言，成功表達文章的message、與文章的中心思想有關，及是否與上文下理連貫。

問題4：運用艱深生字是否能得到較高的分數？

答：考生經常以為使用愈艱深的生字便愈能吸引考官，但事實是相反。考評報告指low frequency vocabulary（低頻生字），即不常用或過度艱深的生字，不能引起共鳴。

問題5：何謂恰當的tone（語氣）？

答：考生需要就不同format（格式）的文體運用不同句式、深或淺生字、簡寫及縮寫，例如：私人書信要用informal（非正式）tone（1. 用縮寫I'm而非I am；2. 用簡寫HK而非Hong Kong）

Past Paper示例

除了釐清基本謬誤外，讓我們嘗試一起分析past paper，溫故知新吧！以下為2016年Part A的作文題目：

You are the President of the Students' Union at your school. You are preparing a speech to welcome new students on the first day of school. In order to help new students achieve success and have an enjoyable school life, you want to talk about the following in your speech:

- importance of following school rules; and
- importance of interpersonal relationships.

The first part of the speech has been written for you. Finish the speech.

2016年Part A的題目要求考生以學生會主席的身分撰寫演講辭，歡迎新生。題目的要求十分清晰，考生必須談及遵守校規和人際關係的重要性。一些考生忽略演講辭的目標是新生，以為對象是全校學生。另一個錯誤是考生只強調不遵守校規所帶來的“negative consequences”（負面影響），導致演講辭的語氣過於“stern”（嚴肅），不切合題目所設定的身分。第一段已經預先介紹演講辭的背景，第二段可以參考以下的寫法。

As newcomers (n. 新人) of our school, most of you may not be familiar with school rules, which is a crucial (adj. 重要的) aspect (n. 方面) of a successful school life. (第一句帶出演講辭的目標聽眾：新生) Imagine that some bad-behaved students do not abide by (v. 遵守) the school regulations, this can result in (phr. v. 導致) disturbance to other students who are eager to stay focused (adj. 專心) on teachers' teaching. (第二句運用假設法，想像不遵守校規的後果：影響其他專心的同學) Should you guys stay concentrated in lessons, you'll most likely receive a better education. (第三句運用假設法，帶出遵守校規的好處：獲得良好學習成果) Staying focused is not a written rule in school, but it's definitely a rule that the principal, teachers and parents persuade students to conform to (phr. v. 符合). (第四句指出遵守校規很重要，從而過渡至下一段，談及遵守校規是愉快校園生活的一部分。)

以下為下一段的建議寫法，同學可以嘗試填寫空格的生字。

It's not _____ (adv. 非常) difficult for all of you to follow school rules, isn't it? Indeed, don't forget to maintain interpersonal relationships, which is an _____ (adj. 不可或缺的) part of a _____ (adj. 令人愉快的) school life too. As you know, interpersonal relationships are the _____ (pl. n. 基礎) for learning and human development. Now, let me _____ (phr. v. 詳細說明) the significance of interpersonal relationships in two ways. First, it's _____ (adj. 重要的) to show respect for _____ (n. 多樣性). In our school, it's advised to show _____ (adj. 相互的) respect for individual differences, namely gender, race, culture, etc. Second, it's more than necessary to develop strong social networks. With the presence of supportive peer relationships, especially friendships for _____ (v-ing. 社交) with others, you guys will be able to seek _____ (adj. 及時的) help for academic issues.

結尾可以重新強調新生遵定校規很重要，與其他同學建立良好關係，並祝願新生校園生活愉快，感謝他們聆聽演講。

To sum up, with the compliance of school regulations and establishment of agreeable interpersonal relationships, all of you can stay safe, focused and become actively involved in academic and school activities. Wish you a fruitful and joyful school life. Best wishes to all of you. Thanks for listening.

下期將談及拆解Part B八大electives的技巧，敬請密切留意！

建議答案： tremendously (adv. 非常) / indispensable (adj. 不可或缺的) / congenial (adj. 令人愉快的) / foundations (pl. n. 基礎) / elaborate on (phr. v. 詳細說明) / vital (adj. 重要的) / diversity (n. 多樣性) / mutual (adj. 相互的) / socializing (v-ing. 社交) / timely (adj. 及時的)

Writing II

上期提及Paper 2 Writing Part A必答题的常見內容及相關技巧，今期的重心是Part B選答题（佔15%），考生須要在八條選修單元題目中選答一題，字數約四百字。

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同學常見問題

同學對八條選答題往往有不少謬誤，為自己選答題目設下限制，因而放棄一些較容易的題目。以下是較常見的問題：

問題1：學校只教授某幾個選修單元，我考DSE時應否只選這幾個單元的其中一個？

答：2012年，DSE新制剛開始推行，當時多數學校只集中教授某幾個單元，這種做法原意是希望能幫助同學收窄範圍。可是，題目的出法並不局限於單元。同學須要練習靈活運用不同主題的內容及生字，套用在不同單元。

問題2：哪一個單元較容易作答及考取高分？

答：DSE剛實行時，很多考生以為Social Issues是八大單元中較易掌握和作答的。這種想法是基於「多看時事新聞便能在考試當中提出相關的例子。」事實上，考生須要掌握不同的寫作格式、文體及語氣，才能在臨場考試中選取最適合的題目。就如2016年，只有2.4%考生選答一向被認為困難的Poems and Songs，但平均得分在八大單元中排第二。

問題3：我在選答各單元時須要注意甚麼？

答：就2016年而言：

1. 考生在選取Sports Communication時以不適當的語調（inappropriate tone）撰寫Letter to the Editor，「訓示」讀者並非恰當。
2. 選取Workplace Communication的考生大致表現良好，但不少文章只側重解釋為何考生不能在本港找到工作，沒有詳細分析為何考生須要到海外尋找機會。
3. 另外，考生選Debating大多可能因為較為熟悉Argumentative（議論）及寫信給報章的形式。選Social Issues的考生忽略題目的要求，分散講述不同形式的街頭生活，而非只集中討論一種形式，影響內容分數。
4. 作答Short Stories的考生須要懂得敘述故事的技巧，例如對話、生動的生字及有完整結局的情節。
5. 選Popular Culture的考生大多不熟悉Proposal（建議書）的格式，沒有寫sub-headings（副標題）以組織內容。
6. 一些作答Poems and Songs的考生不能闡述如何解決挑戰。題目要求用個人例子，不應花過長的篇幅談及名人例子。
7. 選Drama的考生不懂得撰寫Persuasive（游說）形式的文章予父母。內容大多重複。有些考生更不能分辨artist（藝人）和actor（演員）。

Past Paper示例

除了釐清基本謬誤外，讓我們一起嘗試分析past paper，溫故知新吧！以下為2016年DSE英文科試卷Part B Workplace Communication的作文題目：

Many Hong Kong graduates (n. 畢業生) complain about the lack of employment opportunities in the city. It has been suggested that graduates who fail to find a job in Hong Kong could look for opportunities in other cities in Asia. ...

Write an article for your school magazine expressing your views. ...

以下分析為何考生須要到海外尋找機會：

Reason 1（支持者的觀點(1)：香港畢業生有語言及文化優勢）：By taking into account (idiom [習語] [take something into account] 考慮) cultures and languages, supporters suggest looking for job offers in other Asian cities, such as Shanghai, Taipei and Singapore. Their proposition (n. 提議) is based on (phr. v. 基於...) the belief that graduates share similar cultures and languages, namely Putonghua, Mandarin and English, with potential (adj. 潛在的) colleagues (n. 同事) and employers in these cities. Graduates will manage (v. 做得到) to adapt to (v. 適應於) new environments with ease (n. 自如) .

Reason 2（支持者的觀點(2)：香港畢業生可以在亞洲城市享受更佳的工作前景）：Apart from the concern of cultures and languages, proponents (n. 擁護者) argue that graduates may enjoy better career prospects (n. 前景) in other Asian cities, compared to that in Hong Kong, given the insufficient (adj. 不足的) employment opportunities in town. By “career prospects”, it means that graduates may enjoy a better chance of promotion and welfare (n. 福祉) .

以下為下一段Reason 3的建議寫法，同學可以嘗試填寫空格的生字。

支持者的觀點(3)：香港畢業生必須到海外工作才能維持生活：

_____ (prep. 和……在一起) promotion and welfare,
 _____ (idiom [習語] 談到) _____ (adj. 財政) concern,
 if graduates do not look for opportunities in other Asian cities, they may not
 be able to _____ (v. 維持) their life. In other words, graduates are
 suggested to _____ (phr. v. 接受) job offers overseas so that they
 can _____ (idiom [習語] 謀生) .

除了談及支持者的觀點，考生亦應分析反對者的觀點，讓文章更具說服力。

反對者的觀點：香港畢業生仍有大量工作可供他們選擇：

It is vital to clarify (v. 澄清) the misunderstanding that there is a lack of
 employment opportunities in Hong Kong. In actual fact (phr. 事實上), the
so-called (adj. 所謂的) “lack of employment opportunities in the city” is
 inaccurate. If Hong Kong graduates are willing to apply for all sorts of jobs
 which do not necessarily match their expertise (n. 專長), they will be offered
 interviews and jobs.

結尾可以表示理解香港畢業生的投訴，希望他們努力裝備自己，找到工作。

At times (idiom [習語] 有時), Hong Kong experiences economic downturn
 (n. 經濟衰退), thus bringing about adverse (adj. 不利的) effects to the
 employment market. Local graduates' complaints about the lack of employment
 opportunities are understandable. As long as Hong Kong graduates are willing
 to equip themselves with necessary knowledge and skills, they will be able to
 achieve their full potential in the workplace (n. 工作場所) in the foreseeable
 (adj. 可預見的) future.

下期將談及拆解Paper 3的技巧，敬請密切留意！

建議答案： alongside (prep. 和……在一起) / speaking of (idiom [習語] [speaking of
 somebody / something] 談到) / financial (adj. 財政) / sustain (v. 維持) / take up (phr.
 v. 接受) / earn a living (idiom [習語] 謀生)

Listening & Integrated Skills

上期專欄談及Paper 2 Writing Part B選答題的常見內容及相關技巧，今期的重心是Paper 3 Listening & Integrated Skills。Paper 3為四份分卷中佔分最重（30%），以下將討論Part A必答題。

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- 於電台節目《奮發時刻DSE》擔任英文科主講嘉賓
- 曾被《學友社》邀請為模擬試英文科唯一擬卷及主講者
- 十多年來獲海外及本地媒體熱烈追捧，分享公開試應試攻略及教授英語心得
- 曾為《星島日報》教育版專欄作家及英語參考書作者
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題型簡介

歷屆Part A都以四個Tasks評核考生的聆聽能力、分析能力及抄寫筆記技巧。考核的題型主要是填寫表格，其次包括辨識作者態度、排列次序、流程圖等。值得注意的是，最近兩年DSE（2015年及2016年）的Task 4加入長問答題，考生的表現未如理想，平均分分別只有27.1%及43.7%。

同學常見問題

同學應考Part A時，往往有以下的疑問：

問題1：如何準備應考Listening Part A？

答：在僅餘的時間內，同學應該根據自己的能力作出部署：

- 能力稍遜者，盡量為自己營造充滿英語的學習環境，反復聆聽過往數屆past paper的錄音聲帶，務求熟習對話的語速，及找出不熟悉的生字，加以溫習串法及意思，希望能至少完成作答大部分的題目。
- 能力一般者，留意答題時有否根據keyword（關鍵字）而作答。例如2015年Task 4第52題，考生可能因為不明白myth（錯誤觀念）的意思，因而沒有作答“talented（有天分的）singers don't have to work hard”。距離考試尚有一段時間，同學應嘗試留意past paper各分卷中曾經反復出現的生字，有機會成為之後題目的keyword。
- 能力較佳者，應該能夠運用上文下理的提示（contextual clues），毋須對話者重複答案。考生可以用past paper練習用自己的文字表達答案。

問題2：Tasks 1-4的難度和形式是否相近？另外，考生常見的錯誤是甚麼？

答：從歷屆past paper可見，Tasks 1-4由淺入深評核考生能否正確串字，例如2016年Task 1第1題的“Ping Pong”及第3題的“Teen Queen 4”，卻分別只有43%及57%考生答對。同時，Task 1第2及4題考核年份，大多數考生能夠答對。這反映考生並不了解日常生活的詞彙。

歷屆Task 2的考核形式大致有兩種，其一是只有一個任務；其二是兩個相關的任務，例如2015年，對話者談及甄選贊助商的條件。若然面對兩個小任務，考生須注意任務之間的關係，當中會有announcer提示由Task 2a過度至Task 2b。填寫原因題時，考生只須填寫重點，不須要用完整句子作答。

2014年及2016年Task 3以流程圖的形式考核同學能否按步驟將資料歸納。2014年的流程圖佔多達11分。大多數考生不能以完整及正確文法的句子作答，例如2014年第32題：“The boar _____ the dog.”考生可填上chased（追逐）或scared（使…害怕）。但部分考生填上“scared of”，讓意思變成“The boar was scared of the dog.”（那頭野豬害怕那條狗）。由此可見，考生須要注意文法及常見生字的用法及配搭。

Task 4的難度一向冠絕眾tasks，如上文所述，考生作答長問答題的表現不佳。考生往往以為須要以完整句子作答、不能犯任何文法錯誤及串錯字。其實，只要考生的答案大致上恰當，亦有機會獲得分數。

主題及生字溫習表

考生要在短時間內改善Part A表現，關鍵在於提升對生字的敏感度，盡量預先溫習一些較大可能在考試出現的生字，附表列出Paper 3可能出現的主題及生字。

Topic: Trend（潮流）

| | | | |
|--------------------------------|-------|-------------------------------------|---------|
| vanity (n.) | 虛榮心 | aesthetic value | 藝術價值 |
| affluent (adj.) | 富裕 | materialism (n.) | 物質主義 |
| affluence (n.) | | materialistic (adj.) | |
| be obsessed with | 沉迷於 | defect (n.) | 缺陷 |
| spiritual (adj.) | 精神的 | enhance (one's) beauty | 增加某人的美麗 |
| spirit (n.) | | | |
| outlandish (adj.) | 古怪的 | arouse admiration | 惹人欣賞 |
| attribute (n.) | 形象 | to crave for beauty | 追求美麗 |
| the bloom of youth (n. phrase) | 青春時期 | be held in contempt | 被鄙視 |
| well-groomed (adj.) | 整整齊齊的 | blind pursuit of beauty (n. phrase) | 盲目追求美麗 |





Topic: Internet (上網)

| | | | |
|---|--------------|---|------|
| be addicted to / be hooked on / be infatuated with / be obsessed with / be absorbed in / indulge in | 沉迷於 | forgo (v.) / forsake (v.) / abandon (v.) / relinquish (v.) / desert (v.) | 放棄 |
| search engine | 搜索工具 | sacrifice (v.) | 犧牲 |
| hacker (n.) hack (v.) | 黑客 | register (v.) registration (n.) | 登記 |
| pornographic (adj.) / salacious (adj.) / filthy (adj.) / lewd (adj.) / smutty (adj.) / obscene (adj.) / indecent (adj.) | 色情的 / 污穢的 | violent (adj.) violence (n.) | 暴力 |
| broadband (n.) | 寬頻 | to widen somebody's horizons | 擴闊視野 |
| rampant (adj.) | 猖獗 | to click on an icon | 按下圖示 |
| prohibit (v.) / forbid (v.) / ban (v.) | 禁止 | leak of information (n.) | 洩漏資料 |
| to have / gain / get access to websites | 取得資訊 | privacy (n.) | 私隱 |
| interactive (adj.) interact (v.) | 互相交流 | electronic-age | 電子年代 |

Topic: Electronic Age (電子時代)

| | | | |
|---|------------------|--------------------------------------|------|
| instant (adj. / n.) immediate (adj.) timely (adj. / adv.) | 即時 | identify (v.) identification (n.) | 分辨 |
| globalize (adj.) global (adj.) globe (n.) | 全球化 全球的 全球 | artificial intelligence | 人工智能 |
| global village (n.) | 地球村 | profound (adj.) | 深遠 |
| bid (v. / n.) | 投標 | immerse (v.) oneself in something | 融入 |
| e-commerce (n.) | 電子貿易 | constraint (n.) | 限制 |
| security (n.) secure (adj.) | 安全 | accelerate (v.) acceleration (n.) | 加速 |
| chatroom (n.) | 聊天室 | virtual world | 虛擬世界 |
| excessive (adj.) information (n.) | 過量資訊 | blog (n.) | 網誌 |
| net friend (n.) | 網友 | possibility (n.) | 可能 |
| innovation (n.) innovative (adj.) | 創新 | possible (adj.) possibly (adv.) | |

下期將談及拆解Paper 3 Part B的技巧，敬請密切留意！



Listening & Integrated Skills II

上期專欄談及Paper 3 Listening & Integrated Skills Part A必答题常見內容及相關技巧，考生考畢Part A short tasks，有兩分鐘時間整理答案。考生應該把握時間整理Part A較為凌亂的答案，尤其要小心檢查有否串錯字，因為串錯字會影響改卷員理解內容，有機會被扣分數。今期重點講解Part B，以及Paper 4 Speaking的技巧。

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建議答卷流程及技巧

回到今期的重心Part B。Announcer會讀出long tasks的situation，請謹記歷屆DSE試題Part A及Part B的角色皆有所改變。讀畢situation後，有五分鐘時間播音樂，之後再開始listening note taking部分。考生可以在五分鐘內快速閱讀所有tasks的instructions，並留意note sheet的sub-titles，以助對Part B的人物、角色、機構及任務有初步的了解。

歷屆DSE試題的Data File內往往有一頁給予重要提示（hint page），考生應該把握五分鐘時間間低各tasks的重點，以便稍後時間在Data File其他頁數找出相關資料。考生應該把握僅餘的時間，熟習Data File的不同格式，例如formal and informal letters、email、minutes（會議記錄）、article、essay、review（評論）、editorial（社評）、website、questionnaire（問卷）、online forums、press release（新聞稿）、diagram等。

找到重點後，考生要因應各task的要求填寫答案。填寫答案時，考生須留意hint page中各task對format的要求、寫作對象（target audience）、語氣（tone）要求、時態（tense）變化、代名詞變化等。考生應該留意各task的字數限制及時間運用。就以2016年DSE為例，B2 Tasks 8、9及10的字數要求分別為120、150及200。考生應該將較多時間分配到Task 10。至於B1 Tasks，近年Task 5多數考核圖表，考生只須填上簡單資料，不建議花太多時間。

同學常見問題

同學應考Part B時，往往有以下的疑問：

問題1：Long tasks的評分準則是甚麼？

答：就2016年DSE而言，選答B1的考生須要有效地找到相關的資料，並準確地表達內容，當中須要運用accuracy of language use（準確的文字）、coherence and organization（連貫及組織）及appropriacy（適當程度）。這三個範疇佔Tasks 6 - Task 10各task的50%分數。考生應盡量從Data File抽取重點，以準確文法、串字及不同句式結構表達內容。

問題2：選擇B1的考生須要注意甚麼？

答：能力稍遜的考生，如果決定選取B1，亦須熟習Data File內的提示，以協助他們在聆聽時段投入角色，找出與題目要求直接相關的重要資料，而非一字不漏記下內容。

問題3：選擇B2的考生須要注意甚麼？

答：能力較強的考生，如果決定選取B2，沒有相對簡單的table，很大機會需要完成三個long tasks，切記在非常有限的時間內留意各task的指引。以

2016年DSE為例，Task 7的任務指引清晰地要求考生提出persuasive element（游說的元素）。而Task 10的任務只要求考生完成報告的main section（主要部分）。考生不應該認為重點只出現在其中一頁。反之，考生須要培養閱讀Data File的意識，留意hint page的指引，尋找Data File內不同文件之間的關係；同時，考生須要判斷Data File資料的真偽，不應該照單全收，抄寫所有資料。

問題4：格式和語氣是否影響分數？

答：考生須要熟習各種經常考核的格式，例如email、letter及report。各種格式對上下款、語調、標題等都有不同要求。例如寫作report時，考生應該分段列出重點，用標題或連接詞分隔重點，以協助讀者掌握內容。同時，考生須要用noun phrase（名詞詞組）作為報告的標題，而非冗長的完整句子。

考生亦須要在作答不同tasks時保持恰當的語調，因應讀者的身分而轉換formal及informal的文字，從而影響appropriacy。

常考三大格式

以下為Long Tasks常考的三大格式，考生可以用作參考：

●Format of a formal letter

| | |
|---|--|
| | 1) Sender's address |
| | 2) Date |
| 3) Recipient's full name | |
| a) Recipient's position | |
| b) Recipient's department | |
| c) Recipient's company name | |
| d) Recipient's company address | |
| 4) Dear XXX, | |
| | 5) Title [Personal letter除外] |
| 6) Introduction | |
| (Purpose of writing) | |
| 7) Body | |
| 8) Conclusion | |
| [Should you have any inquiries, please contact me at XXX (e.g. email).] | |
| 9) Regards / Closing | |
| [e.g. I am looking forward to hearing from you.] | |
| | 10) Yours faithfully, / Yours sincerely, |
| | (Sign) |
| | (Full Name) |
| | (Position) [if any] |

● Format of an article

- Title
- 1) Introduction
[Background / Objectives (目的)]
 - 2) Body
[多用connectives (連接詞) 分隔不同的points]
 - 3) Conclusion
 - a) Feeling /
 - b) Future plan
 - c) Encourage others to join the function

● Format of a Proposal

Dear XXX (e.g. Principal),

Proposal for XXX (e.g. activities) held by XXX (e.g. the English Society)

Introduction

(Purpose of writing)

Suggested activity 1

(Details of the activity)

Suggested activity 2

(Details of the activity)

Suggested activity 3

(Details of the activity)

Conclusion

(Express the hope for discussing the details of the proposal with the receiver)

Yours faithfully,
(Sign)
(Full Name)
(Position)

Paper 4 Speaking技巧提示

至於應考Paper 4 Speaking的技巧，同學可以參考以下的提示：

考group discussion時，謹記清楚閱讀指引的要求及bullet points，切忌漫無目的看passage，浪費準備時間。

考individual response時，留意問題的第一個字，如果問題以Do / Should / Have 等開始，即Yes / No question，同學可以先簡單答Yes / No，再加以解釋。如果問題以Wh-word字開始，難度較高，同學往往須要解釋原因、分享個人經驗等，宜多加準備。加油！

Speaking

上期專欄談及 Paper 3 Listening & Integrated Skills Part B 常見內容、題型及相關技巧，今期將集中討論 Paper 4 Speaking Group Interaction 的技巧，希望可以幫助各位中一至中五的同學應付校內期終試。

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Group Interaction

考核內容簡介

Paper 4考試包括Group Interaction及Individual Response，考生有10分鐘準備Group Interaction，期間須要閱讀一篇文章。文章摘取自本地或國際報章、雜誌、互聯網新聞及網頁。考生須要利用相關的資料執行一系列的任務，包括給予意見、提供建議、解決問題、提供或解釋選擇、為議題準備正方或反方的觀點，以及討論建議書的好處和壞處。

評分準則

考官以四大範疇衡量考生的表現，包括Pronunciation & Delivery（發音及表達方式）、Communication Strategies（溝通技巧）、Vocabulary & Language Patterns（生字及語言模式）以及Ideas & Organization（意見及組織）。每個範疇滿分為14分，共56分。

校內試題目有機會參照Past papers，就2016年而言，考生須要跟小組成員合作完成指定的任務，例如：準備報告、做報告、組織項目、宣傳活動、設計海報等。

同學常見問題

同學應考Group Discussion時，往往有以下的疑問：

問題1：如何區分強弱考生？考官不喜歡哪種類型的考生？

答：能力稍強的考生可以持續聆聽其他組員，以適當的速度回應及推進討論過程。能力稍遜的考生往往只閱讀提示卡，或者跟考官作出過多的眼神交流，而忽略其他組員。同時，能力稍遜的考生不懂得如何與其他考生交接（turn-taking），只給予非常極少的（minimal）回應，例如：I agree with you。他們沒有解釋同意甚麼內容、或者沒有提供恰當的解釋。

一些考生在討論過程中以無禮的方式干擾其他考生，並試圖以過高的聲量蓋過他人，表現過於進取。這類型考生看來只着重表現自己，而非與其他考生討論。

考官不喜歡一些考生的語速過快、或者不理會其他組員是否能理解討論的流程。能力非常強的考生能夠成功游說其他組員達成共識（come to a consensus）、鼓勵其他人參與、幫助較弱的考生重組或澄清一些混淆的論點或意見。同時，他們能夠展現同理心（empathy），嘗試以有禮貌及理性的方式解釋自己的觀點。

問題2：討論時運用艱深生字和句式是否有助獲得高分？

答：大部分考生看似懂得很多生字，但不能以恰當的形式表達。有些能力較弱的考生不假思索，在不恰當的情況下運用一些「僵化短語」（stock phrases），例如：“materialistic culture”（物質文化）及“strong purchasing power”（強大的購買力）。

同時，能力較強的考生嘗試以艱深的生字取悅考官，但忽略能力較弱考生的感受，這樣會窒礙討論的過程。同時，大部分考生經常犯大意錯誤，包括時式（用現在式談及過去事件）、不正確使用比較級形容詞（comparative adjectives）、分不清何時使用單數、眾數、可數及不可數名詞。

問題3：如何才能取得高分和避免失分？

答：考生須要利用文章，摘取相關資訊及以適當的方式組織資訊。他們亦應提及個人經歷以支持自己的意見，讓討論的內容更有趣及緊貼主題。他們亦須要留心時限，集中討論重點。相反，考生不應忽略文章、其他考生的眼神及言語提示。考生亦不要分散不同的重點，讓討論失去重心。考生可嘗試在解釋自己的見解之前，適當回應之前的組員。

問題4：對Group Interaction的最後提示？

答：(1) 考group discussion時，謹記清楚閱讀指引的要求及bullet points，切忌漫無目的看passage，浪費準備時間。
 (2) 多留意不同類型的文章，包括傳統文章、表格（table）、圖片等。表格及圖片往往須要考生比較不同內容或觀點，考生應細心分析當中的異同，切忌只側重討論某一個重點。
 (3) 討論時，應時刻留意其他組員的反應，切忌只表達自己的觀點。
 (4) 在有限的時間內，如果考生不能討論題目給予的所有重點，可以集中談及某些重點，給予適當的意見和例子作支持。

常考題型 應對方法

最後，讓我們看看一些past paper常見常考的題型。就2016年的Group Interaction而言，考生須要對一些潮流事物及時事有一定程度的認知，例如busking（街頭表演）、“Spacebox”（迷你倉）、phone scammers（電話騙徒）等。基本知識有助快速進入考試狀態，更能得心應手提出論點及例子。

另外，就2016年的past paper而言，題目給予四個討論重點，首兩個重點一般都只會要求考生討論一些與文章有直接關係的points，例如資訊。2016年的Set 2.1，首兩個重點是“the different types of scams”（不同種類的騙案）及“possible victims of scams”（有可能被騙的受害者）。但第三個重點可能須要考生閱讀文章最後一段以獲得提示，從而投入討論。考生須要經常訓練閱讀速度，以便能夠摘取文章重點，避免在小組討論後段啞口無言。

即使考生不能閱畢整篇文章，亦可以聆聽其他考生的觀點，遇有不明白的地方，加以發問，只要能促進交流，便能獲取分數。如果組員不能提供有用的觀點，考生可以分享個人經驗，此做法除了可以讓自己的觀點更有特色之餘，組員亦不能加以抄襲。謹記「個人經驗」不一定是自身的經歷，你可以援引其他人的例子，包括親朋戚友，例如：“One of my friends has had the experience of + something”（我的其中一名朋友有以下經歷……）/ I'd like to share one of my friends' experience with all of you.（我想跟你們分享其中一位朋友的經歷……）

Group Interaction的技巧亦可以巧妙運用於Individual Response，同學善加運用，定可取得理想成績。

