

## 2017/2018 Reading to Learn English Articles for Junior Forms

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\* Form teachers please remind students:

1. to finish related questions after reading
2. to write down the reading record in the Student Handbook

## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : English

Related Core Values :

Title : **Parents fear child cyberbullying**

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	
d To develop deeper level of appreciation towards art work	
e To relate school learning with daily life experience	✓
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	✓

**Source of article: The Standard**

### Parents fear child cyberbullying

Local parents are more worried about cyberbullying against their children than seeing them get into a fistfight, a global survey has found.

The survey by internet security company Norton found 52 percent of Hong Kong parents are more concerned with their children being targeted by bullies on the internet than on a playground. About 40 to 48 percent of parents in Singapore, the mainland, Taiwan and Malaysia have this concern too.

Seventy-eight percent of Hong Kong parents allow their children to access the internet before the age of 11. The global average is 60 percent. Yet they take relatively few actions to ensure their children's safety on the internet.

Only 33 percent of local parents make it compulsory for children to access the internet under parental supervision against the global average of 40 percent.

Parents are also worried their children might download malicious programs or be lured by a netizen into a meeting in the physical world. Education-sector lawmaker Ip Kin-yuen said internet security is an issue faced by many parents in Hong Kong.

“Children may be reluctant to see their internet usage controlled,” Ip said. “Parents should discuss with their children and set rules at the beginning, or adopt measure such as putting the desktop computer in a common area at home.”

#### Critical Thinking:

1. What should you do if you are bullied on the internet?
2. Does your school have specific rules on cyberbullying?
3. Do you discuss with your parents about computer use? Why or why not?

## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : Mathematics

Related Core Values :

Title : You'll Be Amazed to Know the Role of Math in Everyday Life

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	✓
d To develop deeper level of appreciation towards art work	
e To relate school learning with daily life experience	✓
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	✓

### You'll Be Amazed to Know the Role of Math in Everyday Life

Resource: <http://www.buzzle.com/articles/math-in-everyday-life.html>

It is important to understand the significance of math in everyday life. Although we rarely give math any credit, and look upon it with disdain, math plays an important role in our daily affairs. Right from the food we eat to the work we do, math is involved everywhere!

For those of us who hated math in school, appreciating its value is not easy. We found the subject boring in school and wondered why it wasn't an optional one. After all, who cares about equations and trigonometry! However, math forms an integral part of everybody's daily life. Let's find out how!

#### Cooking

The understanding of numbers, especially fractions and conversions, play an important role in cooking, especially baking. In cooking, the ingredients are measured in terms of teaspoon, tablespoon, ounces, pounds, grams, kilograms, etc. To prepare meals in larger quantities you will have to convert all the measurements accordingly. Messing up the measurements can result in disastrous meals, especially if you're baking a cake, wherein precise measurements are crucial.

#### Grocery Shopping

You go to the grocery store with \$50 and drop several things into your shopping cart. However, it's important to check the price tag of each item before putting them into the cart. Imagine going to the counter and receiving a bill beyond \$50! Since you do not have the cash you will have to ask permission to omit a few items. How embarrassing this will be! Moreover, without the knowledge of math, you would never know if you are being cheated. Then again, what about discounts! A certain item has 10% discount on the current rate, which means you need math to calculate the total amount you have to pay and the money saved.

#### Diet

Weight conscious folks who keep a vigilant eye on their calorie intake need math to calculate the total amount of calories consumed in one day, one week, one month, etc. Moreover, people following the weight watchers diet program have several other calculations to make and calculate their daily points. To calculate the weight lost with the help of the diet plan also one requires math. Understanding percentages will help you understand the proportion in which proteins, vitamins, carbohydrates, etc., are required for the body, hence, calculating percentage is a vital part to organizing your diet regime.

## Bill Payments

One major area which involves math in everyday life, is bill payments. Even if you do not prepare the electricity bill, water bill, or cable bill, one bill that you cannot escape is the restaurant bill. Restaurants are places where your math skills are tested. You dare not offer to pay for the meal, with less money in your pocket. You also need math to split the bill at a restaurant among friends and share the expenses. Moreover, at the shopping mall, when you pick up apparel, you need to be able to calculate the final bill amount, and pay for it calculating the currency you have.

It is important to teach the significance of math to kids, so that they will understand that learning math is important for their lives, and is not a subject education ministers wished to burden them with. All the best!

## Question

Give an example to show how mathematics can apply in everyday life.

## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : LS

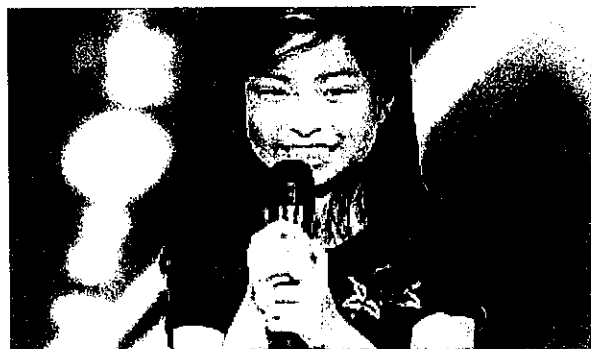
Related Core Values :

Title : Hong Kong singer Celine Tam, handles pressure and critics with aplomb.

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
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c To enrich world knowledge	
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e To relate school learning with daily life experience	✓
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	✓

As a father and a singing coach, nothing gives Steve Tam more pleasure than seeing his nine-year-old daughter Celine Tam Tsz-kwan from Hong Kong shine on *America's Got Talent* and become an overnight social media sweetheart.



Celine took the internet by storm after a video of her performance on the hit show was posted on its Facebook page and YouTube channel, winning praises and a bevy of admirers.

“We as parents are just trying hard to give her the best of what she has always wanted,” Steve Tam said briefly in between his music classes in Hong Kong on Father’s Day.

“We support each other as family; we encourage each other to appreciate one another. We are working hard to achieve our goal.”

Hong Kong-born Celine started singing when she was just three years old. She is now a student at a school under the English Schools Foundation.

It remains unclear if Celine has made it through to the next round in the show, as contestants are not allowed to reveal results until official announcements are made.

Her proud parents and younger sister were seen in the clip supporting her backstage. Her mother was moved to tears midway through the song.

Despite her accomplishments, her singing journey was not always smooth sailing. Her father said earlier that Celine has had her fair share of setbacks.

“Some people have said really bad things in front of her. And that has hurt her feelings. But Celine’s ability to adjust [and bounce back] is very high. Apart from singing, she also takes part in other activities, such as swimming,” Steve told Chinese-language newspaper *Ming Pao* earlier.

Celine said onstage before her performance that her father discovered her singing talent one day when she suddenly sang *My Heart Will Go On* while in the car.

“And then he was like, ‘wow’,” Celine recalled of her father’s reaction.

Her parents were such huge fans of Celine Dion that they named one daughter Celine, and the other Dion.

While it remains unclear if little Celine has made it through to the next round, one thing was for sure – her dream has already come true.

“This is my dream: being on *America’s Got Talent*,” she said with a big smile on stage.

## Phila Siu

Question:

1. What factors influence the self-esteem of adolescents?
2. How is it related to adolescents’ behaviour and aspirations for the future?

## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : LS

Related Core Values :

Title : Ancient Chinese tradition of zhizha, or paper craft, has paid off for lion dancing fan

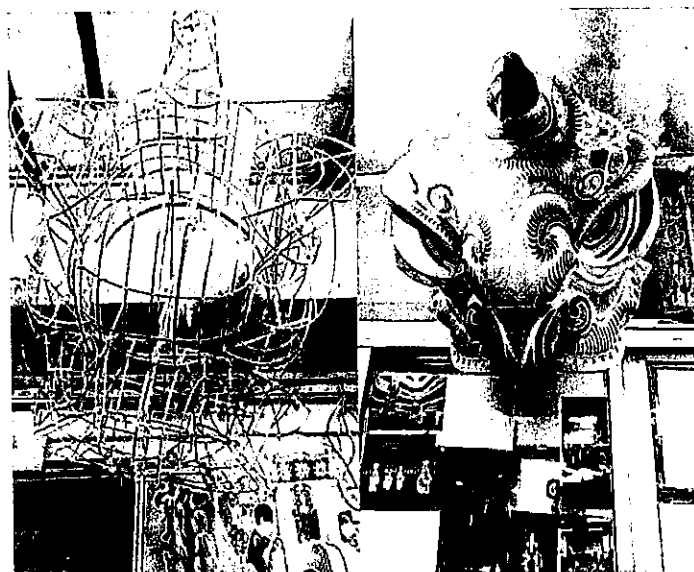
Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
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g To strengthen positive values and their daily application to analyse personal and social issues	✓

When you think about ideal careers for Hong Kong students, medicine and law tend to top that list. Hui Ka-hung always knew he wanted to try something very different.

Hui grew up in a family that specialises in kung fu. He trained and took part in lion dancing, which showcases kung fu skills. Hui has always been fascinated by the costume's lion head, and is now the chief of Hung C. Lau, a company that makes lion heads.

Hui's parents were concerned by how interested in lion heads he was from a young age. Instead of playing video games or going out, Hui spent a lot of his spare time figuring out how to make the costumes from scratch.



“My parents were worried, but lion heads were, and still are, an interest of mine,” Hui said. “I saw many of my peers trying to make one like mine but then giving up.”

He added that learning how to make them was hard, because *zhizha* – a type of traditional paper craft used mainly to create offerings for religious ceremonies – is not often taught. That's because the masters rarely want to teach their art for fear of creating more competition.

However, Hui persisted. He spent all of his time researching, investigating, and watching others practise *zhizha*. By the age of 11, he had made his first lion head – and he has not stopped since.

Some may argue that with the way society is changing all the time, old traditions like lion dancing are fading into obscurity, making an industry like Hui's a dying one. He disagrees, arguing that with modernisation and new technologies being invented every day, it's actually made his work easier.

Hui also thinks that tradition and culture are more important now than ever before, as people seek ways to connect with their past. “Modernisation has turned lion heads into an art. People now pay attention to the design and the artistic value of my pieces, too,” he said.

“Making lion heads is just something that interests me,” Hui said. “It’s my life.”

He even sees a bright future for *zhizha*, saying the craft could spread around the world. Earlier this year, he went to San Francisco, in the United States, to collaborate with local artists on some gigantic paper vases using his specialist skills.

Hui believes that his passion for lion heads has helped him in his career.

He encourages teenagers to follow what their heart tells them. “I just hope that teens nowadays understand that you only live once. When you are young, do things you want to do. It might seem like a mad plan but if you are interested in [something] and it is not something bad, then by all means go ahead,” he says.

“The result might be surprising; you will never know unless you try.”

Ginny Wong

Question:

1. How can Hui contribute to the maintenance and improvement of the quality of life?



## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : Chemistry

Related Core Values :

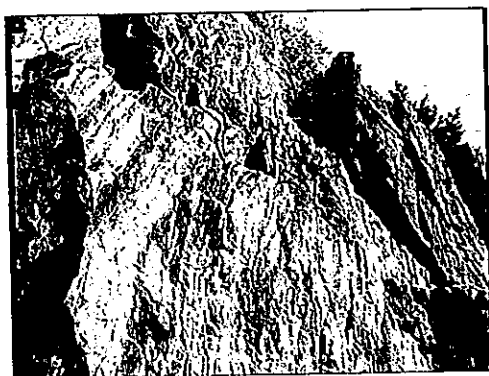
Title : **The Rise of Oxygen in the Earth's Atmosphere**

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	✓
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f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	✓

### The Rise of Oxygen in the Earth's Atmosphere

On a chilly October afternoon, Grant Young and Jay Kaufman stand along a busy roadside in northern Ontario, poring over their favorite Earth-history book. Young, a professor of geology at the University of Western Ontario, and Kaufman, a geoscientist from the University of Maryland, are among the leading scientists trying to attach firm dates to the rise of oxygen in Earth's early atmosphere — an event that, when it occurred more than 2 billion years ago, dramatically altered the planet's development.



© AMNH

#### The Huronian Supergroup

The book they are reading is an ancient geological masterpiece: the Huronian Supergroup, a massive formation of rock laid down gradually between about 2.5 billion and 2.2 billion years ago, precisely the period when oxygen began to accumulate in the atmosphere. The Huronian Supergroup is 10 or 11 kilometers (six or seven miles) thick and extends well below ground. From atop a nearby outcrop, a viewer can survey the landscape for miles around. At the moment, however, Kaufman and Young are at road level, examining a segment of the outcrop that was exposed back when the highway was built. Individual layers of ancient sediment form horizontal stripes on the rock. From a few steps back, the rock wall looks like a cross-section of a giant, stone encyclopedia.

“When we look at a sequence of rocks, it’s like the pages of a book,” Young says. “The page at the bottom is the oldest and the page at the top is the youngest. We read history by starting at the bottom layer and working our way up. The Huronian Supergroup is particularly exciting and interesting because, by chance, these rocks

were laid down at a period when the atmosphere underwent a transition from containing no free oxygen to containing at least some free oxygen.”

It may seem at first like an odd strategy: studying rocks in order to understand the atmosphere. It’s one thing to examine fossils, the solid remains of ancient, solid creatures. But what can rocks reveal about something as formless as air, much less air that existed billions of years ago? How does one study the ancient atmosphere when no samples of it are left to collect?

Fortunately, the geological record contains a history of more than just rock. The atmosphere, then as now, constantly interacts with Earth’s crust. As exposed rock weathers, its composition is altered by compounds in the air. This alteration is apparent even billions of years later and reveals important details about the atmosphere at the time. By studying a shoeprint in the mud, a police detective can determine not only the kind of shoe that made it, but also critical details about its wearer: size, weight, gender, even age, and whether or not he or she walked with a limp. The ancient atmosphere left an equally telling signature in the rock record. By flipping backward through pages of rock, a geologist can begin to form a picture of that atmosphere and how it changed through time.



© AMNH

Jay Kaufman, of the University of Maryland, looking at Huronian stratigraphy.

“I’ve often wished that I had a time machine to go back and collect a sample of ancient atmosphere or an ancient bit of seawater,” says Kaufman. “But we can’t. All we can do is collect rocks that were formed under those waters and under that atmosphere.”

Oxygen is a highly reactive element; it readily combines with other elements to form new compounds. As these compounds form, they become part of the geological record, leaving behind a trail of molecular “crumbs” that point to oxygen’s whereabouts through history. One clue to the nature of the ancient atmosphere comes from rock formation known as “redbeds,” the oldest of which date back about 2.2 billion years. Redbeds are sediments that were deposited on floodplains by water exposed to the atmosphere. They contain a mineral called hematite, a compound of iron and what must have been atmospheric oxygen. After 2.2 billion years ago, redbeds become increasingly common in the geological record.

“It’s a very simple kind of test,” says Young, who has studied redbeds extensively over the course of his career. “But it does give us at least a first-order idea as to whether there was free oxygen and whether there wasn’t.”

**Q1. Jay Kaufman said that while scientists cannot collect and study samples of the ancient atmosphere, they can “collect rocks that were formed... under that atmosphere.” Why are scientists able to learn about the ancient atmosphere by studying the rocks that came into contact with the ancient atmosphere?**

## 2017-2018 Reading to Learn

Put a tick  in the appropriate box (can be more than one)

Form	Junior	<input checked="" type="checkbox"/>
	Senior	<input type="checkbox"/>

Learning Area / Subject : Physics

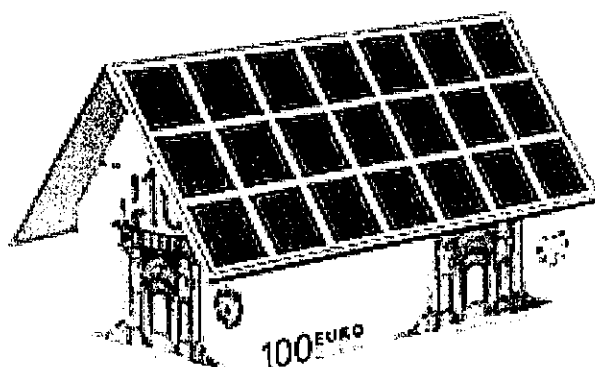
Related Core Values :

Title : Energy: Crisis! Check out these five examples of renewable resources

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	✓
d To develop deeper level of appreciation towards art work	<input type="checkbox"/>
e To relate school learning with daily life experience	✓
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	<input type="checkbox"/>
g To strengthen positive values and their daily application to analyse personal and social issues	✓

(<http://www.buzzle.com/articles/renewable-resources-examples.html>)



Renewable resources are those that can be refilled and are practically infinite. This Buzzle article lists some examples of the major types of energies that can be renewed.

### *Examples of Renewable Energy Resources:*

#### 1. Solar Energy:

The energy derived from the Sun is called solar energy. The Sun has always been in the service of the Earth. It heats the Earth and the oceans, thus, enabling daily activities of human beings. Nowadays, photovoltaic panels are used to convert light into energy. The best thing is that they require very less maintenance once they are installed. Moreover, solar panels do not contribute to pollution. But the manufacturing of a solar panel requires some toxic elements, and also it is a little expensive.

#### 2. Wind Energy:

Windmills have been used for energy production for many decades. Similar to solar energy, wind energy also does not contribute to pollution. The wind is converted into electric energy with the help of wind turbines. Windmills for electricity, no doubt, are a great invention, but the moving parts can at times be fatal for the flying creatures.

3. Hydropower:

Like other resources mentioned above, hydropower has also been used to generate energy since ages and is known as hydroelectric power. As the name suggests, energy is generated by churning water with the help of massive generators. But this too has an impact on the environment. It affects aquatic animals, and the aquatic ecosystem is disturbed in turn.

4. Biofuels:

Plants and trees contribute in creating biomass or biofuels. The residual plants from paper making, methane gas obtained from the process of decomposition, and plants grown specifically as a source of energy combine to create biomass energy. Biofuel is used for lighting and cooking. Nowadays, crops are cultivated specifically for generating such a type of energy.

5. Geothermal Energy:

The Earth has a huge store of heated energy known as the geothermal energy. It can be in the form of a hot spring, steam reservoir, or sun-heated crust of the Earth. The various sources of geothermal energy has given us technology like heat pumps.

The other examples are tidal electricity or energy that is extracted from the high tides and wave energy that we get from the waves. The advantages of such sources of energy are innumerable. The best thing about using renewable energy is that these resources are not going to deplete over time. They will be naturally replenished and will go a long way for the future generations.

The knowledge of these examples is essential because once the non-renewable resources are exhausted, we will be totally dependent on these alternative energy sources. So let us join our hands together and take a pledge that we will do our best to conserve energy, so that our coming generations can live in peace.

Read more at Buzzle: <http://www.buzzle.com/articles/renewable-resources-examples.html>

**Questions:**

- (1) Can you state the main characteristics of renewable energy resources?
- (2) Do you agree that renewable energy resource is the best choice for Hong Kong in the future? Explain your answer briefly.

## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	✓

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject: Integrated Science

Related Core Values :

Title: Why Do You Get Sleepy After You Eat?

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	✓
d To develop deeper level of appreciation towards art work	
e To relate school learning with daily life experience	✓
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	

Anyone who ever got stood up for a date and soothed themselves by eating a whole basket of breadsticks knows how bad a food coma can be. But why does eating make you so sleepy? It's not exactly a HIIT cardio routine. It's all about the chemicals.



### Tryptophan's Partner In Crime

Food comas don't really make any sense, when you think about it. Eating is supposed to give you energy, so why would you get tired after dinnertime? As it turns out, it all comes down to what and how much of it you're eating. Tryptophan is probably the best-known culprit of post-nummies naps, and its most notorious hang-out is in Thanksgiving turkey. The only thing is, tryptophan on its own is a long way from the complete picture.

Some studies have found that an influx of carbohydrates has a much greater effect on your sleepiness than turkey ever could alone. A plateful of potatoes will cause your blood sugar to spike and then fall, and when it does, you'll crash hard. Moreover, if the meal you're eating has both carbohydrates and tryptophan-rich foods, the effects combine — the carbs essentially clear the path for the tryptophan to reach your brain and slow you down. Turkey sandwich? Good night, amigo. Don't think cutting out turkey will solve the issue, either. A lot of common foods have as much or more tryptophan, including mozzarella, bacon, and soybeans.

## Wakey Wakey, Eggs (No Bakey)

So we've got a recipe for sleepy times. But if you're hungry and you've got to keep your energy up, what should you put on the menu? Rule one is moderation. Big portions inevitably lead to big crashes. But once you've got sensible sizes down, try these snacks for a little boost.

- **Oatmeal:** Yes, it's carbs — that's where moderation comes in. But oatmeal also has the benefit of being slow-burning. Instead of rushing through the peak and crash, it'll keep you rolling all morning long.
- **Beans:** A cup of beans is packed with protein, and will leave you feeling full and satisfied. Better yet, it will stabilize your blood sugar levels so you can keep up a steady pace all day.
- **Almonds:** These nutrient-rich nuts contain both Vitamin B and magnesium — the latter of which has been linked to an improved metabolism while exercising.
- **Eggs:** Also full of protein, eggs give you a jumpstart in the morning with heart-healthy monounsaturated and polyunsaturated fatty acids. But you might want to skip the bacon if you need to stay alert.

Question:

1. What kind of food will make you sleepy?
2. What will you choose for your lunch?
3. Can you think of other factors that will make you sleepy?

## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : Computer

Related Core Values :

Title : **What is Virtual Reality?**

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
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### What is Virtual Reality?

#### Virtual Reality Society

The definition of virtual reality comes, naturally, from the definitions for both ‘virtual’ and ‘reality’. The definition of ‘virtual’ is near and reality is what we experience as human beings. So the term ‘virtual reality’ basically means ‘near-reality’. This could, of course, mean anything but it usually refers to a specific type of reality emulation.

We know the world through our senses and perception systems. In school we all learned that we have five senses: taste, touch, smell, sight and hearing. These are however only our most obvious sense organs. The truth is that humans have many more senses than this, such as a sense of balance for example. These other sensory inputs, plus some special processing of sensory information by our brains ensures that we have a rich flow of information from the environment to our minds.

Everything that we know about our reality comes by way of our senses. In other words, our entire experience of reality is simply a combination of sensory information and our brains sense-making mechanisms for that information. It stands to reason then, that if you can present your senses with made-up information, your perception of reality would also change in response to it. You would be presented with a version of reality that isn’t really there, but from your perspective it would be perceived as real. Something we would refer to as a virtual reality.

So, in summary, virtual reality entails presenting our senses with a computer generated virtual environment that we can explore in some fashion.

#### How is virtual reality achieved?

Although we talk about a few historical early forms of virtual reality elsewhere on the site, today virtual reality is usually implemented using computer technology. There are a range of systems that are used for this purpose, such as headsets, omni-directional treadmills and special gloves. These are used to actually stimulate our senses together in order to create the illusion of reality.

This is more difficult than it sounds, since our senses and brains are evolved to provide us with a finely synchronized and mediated experience. If anything is even a little off we can usually tell. This is where you’ll hear terms such as immersiveness and realism enter the conversation. These issues that divide convincing or enjoyable virtual reality experiences from jarring or unpleasant ones are partly technical and partly conceptual.

Virtual reality technology needs to take our physiology into account. For example, the human visual field does not look like a video frame. We have (more or less) 180 degrees of vision and although you are not always consciously aware of your peripheral vision, if it were gone you'd notice. Similarly when what your eyes and the vestibular system in your ears tell you are in conflict it can cause motion sickness. Which is what happens to some people on boats or when they read while in a car.

If an implementation of virtual reality manages to get the combination of hardware, software and sensory synchronicity just right it achieves something known as a sense of presence. Where the subject really feels like they are present in that environment.

### **Summary**

Virtual reality is the creation of a virtual environment presented to our senses in such a way that we experience it as if we were really there. It uses a host of technologies to achieve this goal and is a technically complex feat that has to account for our perception and cognition. It has both entertainment and serious uses. The technology is becoming cheaper and more widespread. We can expect to see many more innovative uses for the technology in the future and perhaps a fundamental way in which we communicate and work thanks to the possibilities of virtual reality.

### **Reflection :**

In your opinion, in what way students can apply virtual reality system to enhance their learning processes, and why?



## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : BAFS

Related Core Values :

Title : 10 Creative, Interesting, and Amusing  
Advertisement

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
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g To strengthen positive values and their daily application to analyse personal and social issues	

Source of the article: <https://design.tutsplus.com/articles/20-creative-interesting-and-amusing-advertisements--psd-10270>

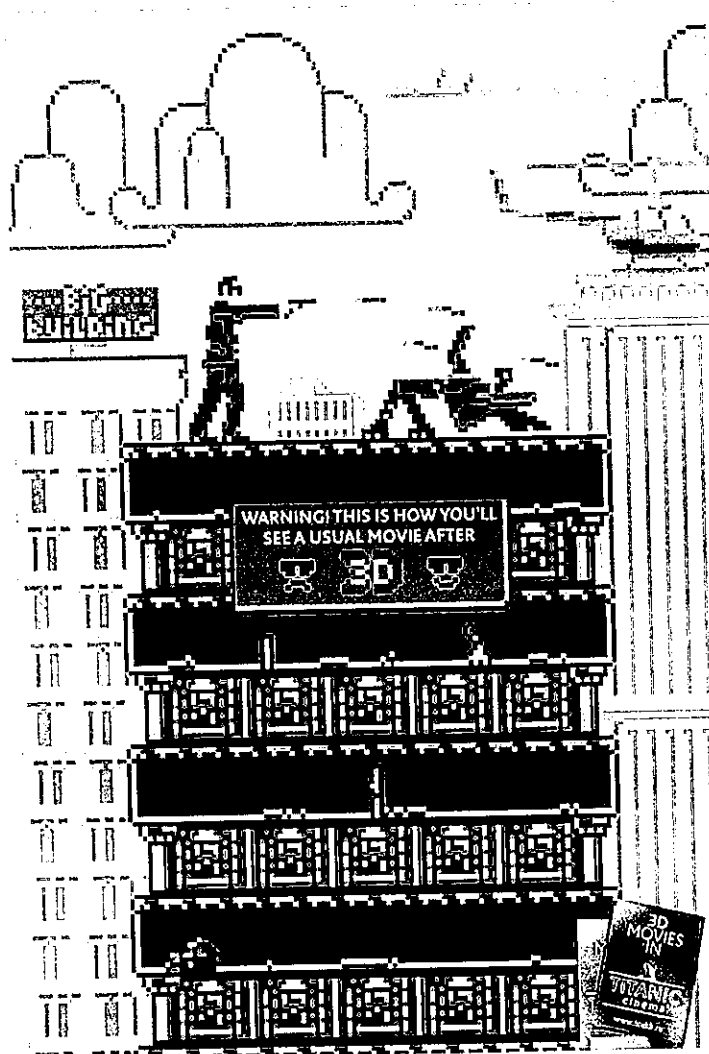
# 10 Creative, Interesting, and Amusing Advertisements

by [Emil Agarunov](#)

A good advertisement will draw a prospective customer's attention towards your product. That is what every business really wants, aside from you actually purchasing their product. In this article we will round up 10 great ads that cover many different styles but all have one thing in common, that is they connect to their audience.

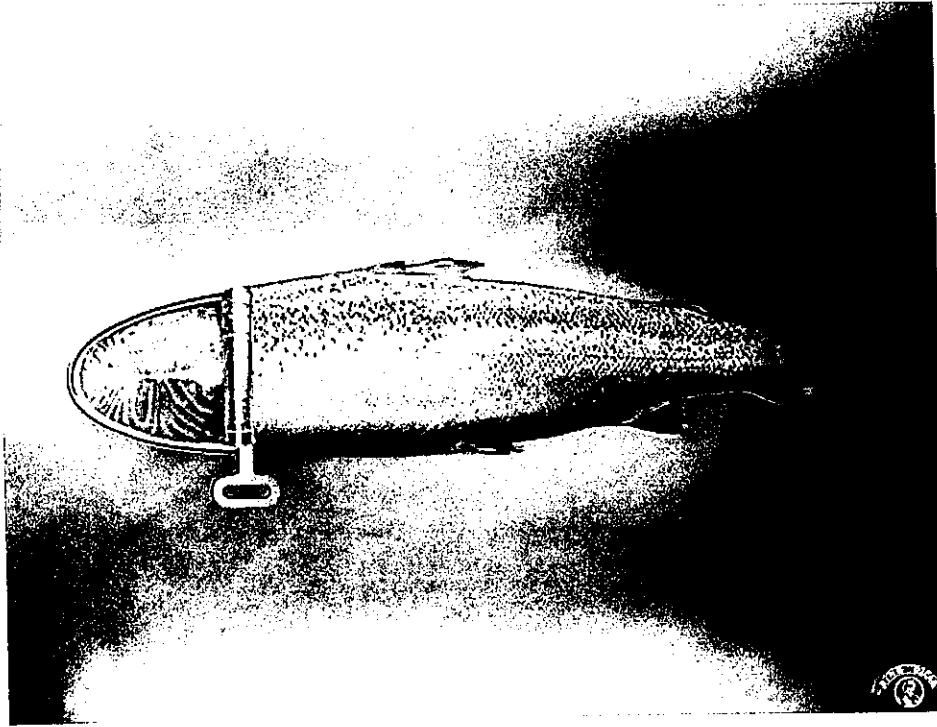
## Titanic Cinema: Matrix

This ad works because of its clever play on a classic movie scene, which also ties into their product. The scene from The Matrix is pixilated which prompts the consumer to wonder why and then see their quote promoting their product. Simple and to the point with an interesting art direction. This advertising campaign also redid some other classic films like India Jones, so check out the rest of this set.



## King Oscar: Open

This ad puts forth an idea that King Oscar's fish products are as fresh as they can possibly get. This idea is then executed by blending a fish and one of their canned products showing the consumer they will be buying a fish straight from the ocean.



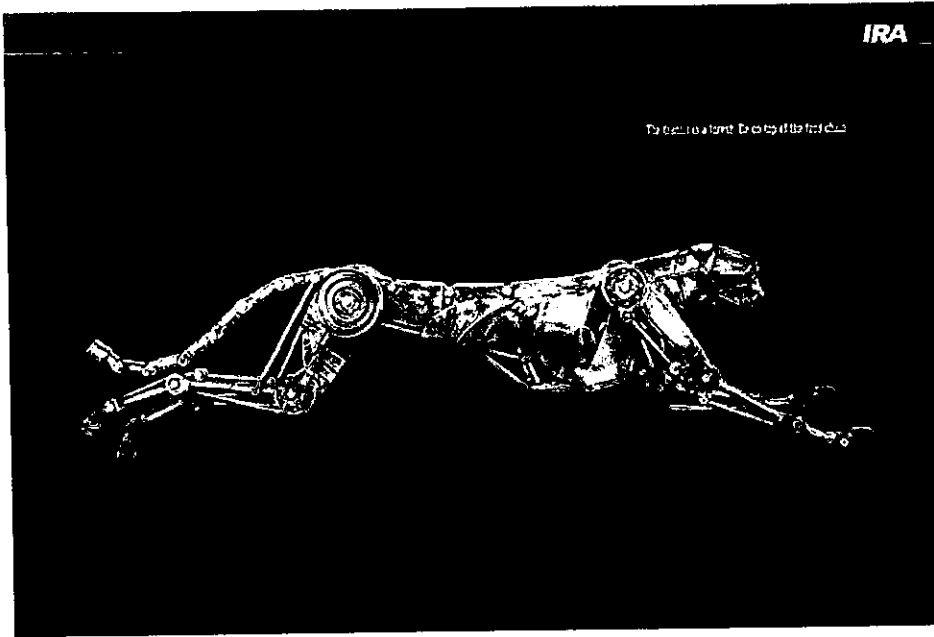
## Pepsi: Straws

This clever Pepsi ad speaks volumes to the consumer; at first glance it gives the impression that Pepsi Cola is the preferred choice of even the straws. And then after that it subliminally pokes fun at one of Pepsi's competitors by using their color-way for the other can as well as their classic design.



## Ira Motoparts: In The Motorcycle With You

"The transit is a forest. Be on top of the food chain" Starts off this ad, a clever quote compares the streets and highways of the world to a jungle, so in that case why not be the quickest in the jungle like the cheetah which we see displayed in the middle of the ad built out of this companies motor parts.



## Geek Squad: Son Of A

This is a very funny ad with as simple of a design as it can get. The consumer is instantly drawn in by the bold writing and the starting of an expletive and the notices the cut off with the Geek Squad logo and the quote "Fixed before it gets nasty". This is only one part of a series of many curses, so you can check out the rest of these smart ads.

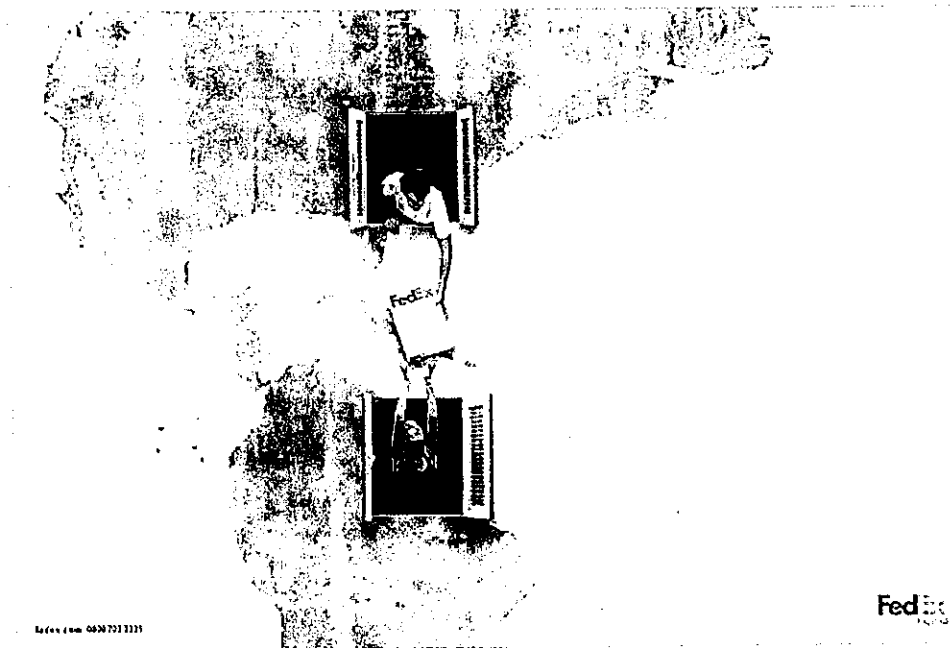
**SON OF A**



Fixed before it gets nasty.

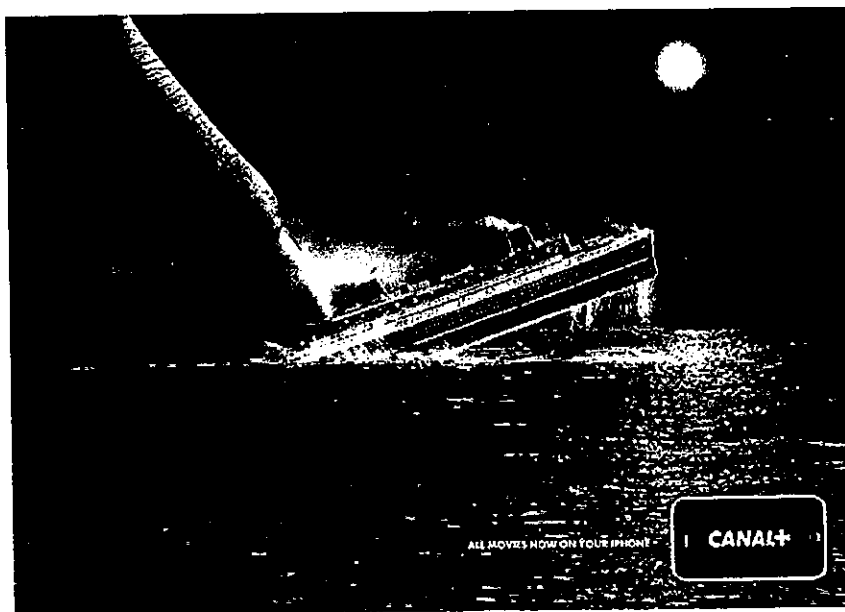
## Fedex: USA-Brazil

This is another ad that shows what simplicity can do for your company's message. A simple image with an extremely bright idea gives the consumer all they need to figure out what you are selling.



## Canal+: iPhone Titanic

This ad may take a bit more time to understand than the rest but the design itself can keep a consumer interested. The large finger and the iPhone in the corner can quickly help the viewer connect the dots with the sinking Titanic ship and show that we can have all our favorite movies right on our iPhones.



## National Anti-Counterfeit Committee: Watch

This is one of those ads which was mentioned in the introduction, something that isn't necessarily selling something but rather giving of a message for a cause or a movement.

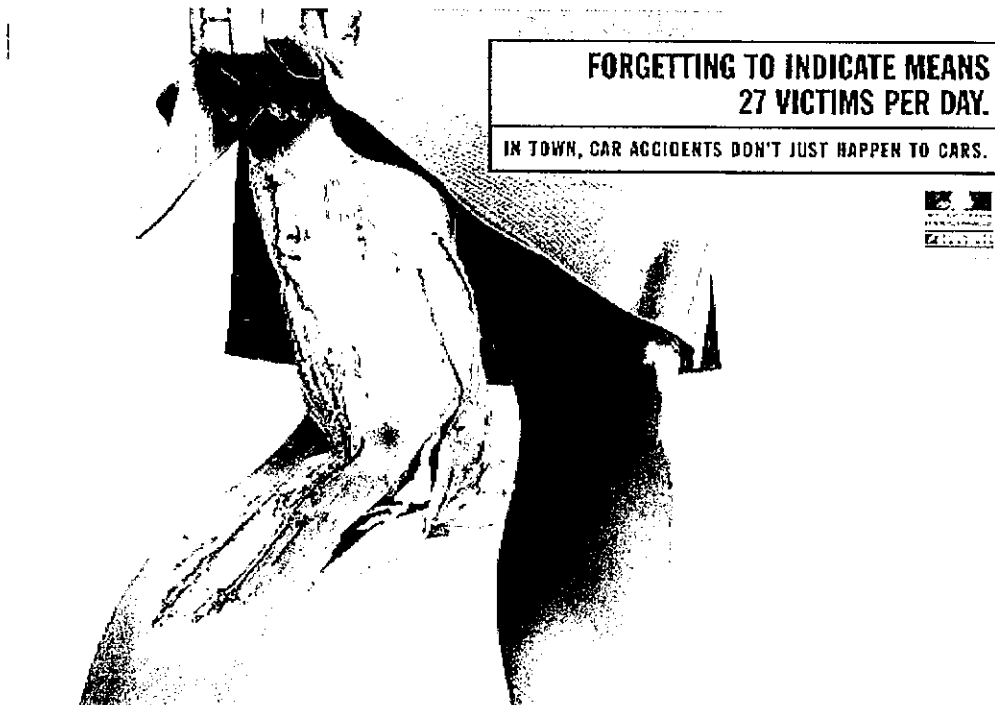


Counterfeiting finances organized crime

CNAC

## Drive Safe

Like stated earlier, ads can give off strong messages as well. In this ad we see a damaged human leg, but instead of bones and blood it looks more like a crashed car. This clever message shows us just what its quote says, "...Car accidents don't just happen to cars".



## Panasonic 3D TV: Dino

Here is another ad that has a lot going on but still is able to get its message across fairly easily. We will first notice the dinosaur in the trashed living room but then see the girl pointing at the TV, which will give us the impression that Panasonic's 3D televisions are extremely realistic. The great art direction leads to the consumer understanding what product is on display almost instantly.



*Thinking:*

- 1. What are the common characteristics spotted at the creative advertisements?*
- 2. Which advertisement impressed you the most and why?*

## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	✓

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : History and Culture

Related Core Values :

Title : Who were the pyramid builders?

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	✓
d To develop deeper level of appreciation towards art work	
e To relate school learning with daily life experience	
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	✓

After comparing DNA samples taken from the workers' bones with samples taken from modern Egyptians, Dr Moamina Kamal of Cairo University Medical School has suggested that Khufu's pyramid was a truly nationwide project, with workers drawn to Giza from all over Egypt. She has discovered no trace of any alien race; human or intergalactic, as suggested in some of the more imaginative 'pyramid theories'.

**A truly nationwide project, with workers drawn to Giza from all over Egypt.**

Effectively, it seems, the pyramid served both as a gigantic training project and - deliberately or not - as a source of 'Egyptianisation'. The workers who left their communities of maybe 50 or 100 people, to live in a town of 15,000 or more strangers, returned to the provinces with new skills, a wider outlook and a renewed sense of national unity that balanced the loss of loyalty to local traditions. The use of shifts of workers spread the burden and brought about a thorough redistribution of pharaoh's wealth in the form of rations.

Almost every family in Egypt was either directly or indirectly involved in pyramid building. The pyramid labourers were clearly not slaves. They may well have been the unwilling victims of the corvée or compulsory labour system, the system that allowed the pharaoh to compel his people to work for three or four month shifts on state projects. If this is the case, we may imagine that they were selected at random from local registers.

**Almost every family in Egypt was either directly or indirectly involved in pyramid building.**

But, in a complete reversal of the story of oppression told by Herodotus, Lehner and Hawass have suggested that the labourers may have been volunteers. Zahi Hawass believes that the symbolism of the pyramid was already strong enough to encourage people to volunteer for the supreme national project. Mark Lehner has gone further, comparing pyramid building to American Amish barn raising, which is done on a volunteer basis. He might equally well have compared it to the staffing of archaeological digs, which tend to be manned by enthusiastic, unpaid volunteers supervised by a few paid professionals.

From: [http://www.bbc.co.uk/history/ancient/egyptians/pyramid\\_builders\\_01.shtml](http://www.bbc.co.uk/history/ancient/egyptians/pyramid_builders_01.shtml)

Question: If slaves didn't build the pyramids in Egypt, who did? Why would the ancient Egyptians like to build the pyramids?



## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : THS

Related Core Values :

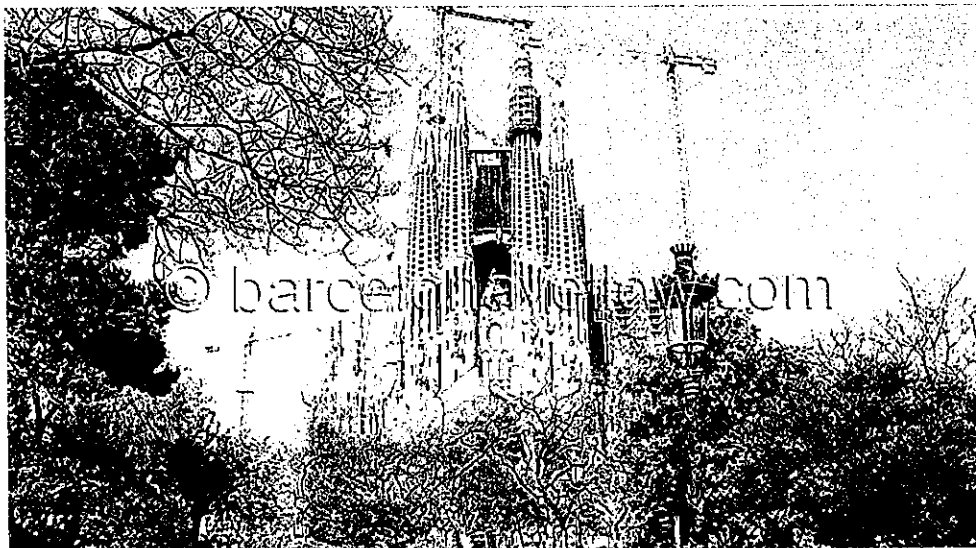
Title : 10 Creative, Interesting, and Amusing  
Advertisement

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	✓
d To develop deeper level of appreciation towards art work	✓
e To relate school learning with daily life experience	✓
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g To strengthen positive values and their daily application to analyse personal and social issues	

Source of the article: <http://www.barcelonayellow.com/bcn-photos/204-top-10-attractions-barcelona>

**The most famous tourist attraction in Barcelona: La Sagrada Familia unfinished church by Gaudi**



At the top of the Barcelona Top Ten Tourist Attractions list is the fabulous but still unfinished church of La Sagrada Familia designed by Antoni Gaudi. This unique construction is Barcelona's most famous tourist attraction and the most visited. It is rated as one of the world's top attractions by Tripadvisor users and welcomes 3 million visitors a year, which can mean 1 hour lines to visit the interior for most of the day in peak season.

You can buy Skip-the-line Sagrada Familia tickets in advance. Your ticket to the Sagrada Familia is also a donation to help finish the construction, which has always been privately funded which is why it has taken so long. The temple was originally designed by famous Catalan architect Antoni Gaudi over 100 years ago and the foundation stone was laid in 1882, when the land around the basilica was still mostly empty.

The Sagrada Familia interior opened fully to the public in 2012. The exterior is still under construction and is currently at around 75% completion with only 8 of the 18 spires completed. The hope is to finish the Sagrada familia in the year 2026 for the 100th anniversary of Gaudi's death in 1926 and that will be 144 years after construction started. Gaudi died tragically after being hit by a tram. At the time of this death only the nativity facade had been built but Gaudi knew that it would take a long time to finish the temple and once said, 'My client is not in a hurry'. See a YouTube video of how the finished Sagrada Familia will look. Visit the Sagrada familia on a hop-on-hop-off bus tour or take the metro to station Sagrada Familia. How long does it take to visit Sagrada Familia? From the outside it only takes 15 minutes to walk all around which is free. For a visit inside the Sagrada Familia church plan on 1 to 2 hours inside.

## **Questions**

- 1. Who designed La Sagrada Familia ?**
- 2. How long do people need to visit La Sagrada Familia inside and outside?**

## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : GEOGRAPHY

Related Core Values :

Title : Pollution and its negative effects

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
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d To develop deeper level of appreciation towards art work	
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g To strengthen positive values and their daily application to analyse personal and social issues	✓

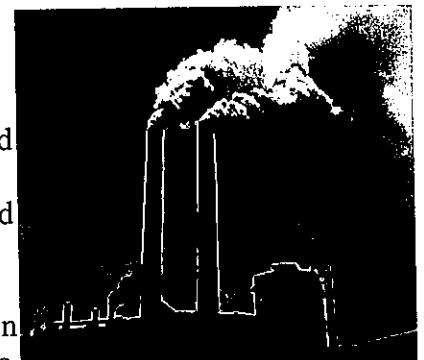
Source of the article: [http://www.myenglishpages.com/site\\_php\\_files/reading-pollution-environment-issues.php](http://www.myenglishpages.com/site_php_files/reading-pollution-environment-issues.php)

## Pollution and its Negative Effects

Pollution is the degradation of natural environment by external substances introduced directly or indirectly. Human health, ecosystem quality and aquatic and terrestrial biodiversity may be affected and altered permanently by pollution.

Pollution occurs when ecosystems can not get rid of substances introduced into the environment. The critical threshold of its ability to naturally eliminate substances is compromised and the balance of the ecosystem is broken.

The sources of pollution are numerous. The identification of these different pollutants and their effects on ecosystems is complex. They can come from natural disasters or the result of human activity, such as oil spills, chemical spills, nuclear accidents ... These can have terrible consequences on people and the planet where they live: destruction of the biodiversity, increased mortality of the human and animal species, destruction of natural habitat, damage caused to the quality of soil, water and air ...



Preventing pollution and protecting the environment necessitate the application of the principles of sustainable development. we have to consider to satisfy the needs of today without compromising the ability of future generations to meet their needs. This means that we should remedy existing pollution, but also anticipate and prevent future pollution sources in order to protect the environment and public health. Any environmental damage must be punishable by law, and polluters should pay compensation for the damage caused to the environment.

*Thinking:*

*1. What is the ideal solution to prevent pollution?*

Form	Junior	<input checked="" type="checkbox"/>
	Senior	<input type="checkbox"/>

## 2017-2018 Reading to Learn

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : Religious and Moral Education

Related Core Values :

Title : A bowl of noodles from a stranger

Truth

Justice

Love

Life

Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	
b To provide more background information of a particular topic	
c To enrich world knowledge	
d To develop deeper level of appreciation towards art work	
e To relate school learning with daily life experience	
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	✓
g To strengthen positive values and their daily application to analyse personal and social issues	✓

Source of article: *Translated from a Vietnamese story in Inspirational Stories*

## A bowl of noodles from a stranger

That night, Sue quarrelled with her mother, and then stormed out of the house. On her way, she remembered that she did not have any money in her pocket; she did not even have enough coins to make a phone call home.

At the same time, she went through a noodle shop. Picking up sweet fragrance, she suddenly felt very hungry. She wished for a bowl of noodles, but she had no money!

The seller saw her standing in front of the counter and asked,

“Hey little girl, you want to eat a bowl?”

“But ... but I don’t have any money ...” she shyly replied.”

“Okay, I’ll treat you,” the seller said. “Come in, I will cook you a bowl.”

A few minutes later, the owner brought her a steaming bowl of noodles.

Having eaten some pieces, Sue cried.

“What is it?” He asked.

“Nothing, I am just touched by your kindness!” Sue said as she wiped her tears.

“Even a stranger on the street gives me a bowl of noodles; and my mother, after a quarrel, chased me out of the house. She is cruel!!”

The seller sighed, "Girl, why did you think so? Think again. I only gave you a bowl of noodles and you felt that way. Your mother has raised you since you were little. Why were you not grateful and disobeyed your mom?"

Sue was really surprised after hearing that.

"Why did I not think of that? A bowl of noodles from a stranger made me feel indebted. My mother has raised me since I was little but I have never felt so, even a little."

On the way home, Sue thought in her head what she would say to her mother when she arrived home, "Mom, I'm sorry. I know it is my fault, please forgive me ..."

Once up the steps, Sue saw her mother worried and tired of looking for her everywhere. Upon seeing Sue, her mother gently said, "Sue, come inside. Honey, you are probably very hungry. I've prepared the meal already. Come eat while it is still hot ..."

Feeling ashamed, Sue cried and hugged her mom.

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*In life, it is easy for us to appreciate the small actions of people around us. However, for the relatives, especially our parents, we take their sacrifices for granted ...*

Write down three things that your parents have done for you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What would you say to them? Write it down.

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## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : Visual Arts

Related Core Values :

Title : Art Is Important

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	
d To develop deeper level of appreciation towards art work	✓
e To relate school learning with daily life experience	
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	

**Source of article:** What Is Art? An Essay On 21st Century Art by Silvia Hartmann

### Art Is Important

Is it going too far to say that without art, there is no evolution?

There can be no evolution?

I have thought about this and I am going to provisionally say that I believe it's true.

Art - NEW ideas, visions, inspirations - is surely the only thing that can bring about societal evolution.

It is the only thing, as far as I know, that ever has.

If you want to argue the point and say, "No, it's not art, it's religion, or philosophy that brings about societal evolution!" I would take you back to the beginning and my definition of art, which is a new idea, an inspiration, a vision.

Someone, somewhere had one of those.

Only instead of making it into a pleasing pot, or a necklace, or a building to be the tomb of their dead wife, they made a religion out of it, or a philosophy; both may be termed works of art under my definition.

If art is the only thing that can bring about societal evolution, then it also the only thing that can bring about personal evolution.

Art is important.

You need art for problem solving. You need art for genesis of new projects that have never existed before. You need art for personal evolution which may involve some form of self healing or self discovery, improving one's understanding of the Universe, becoming more intelligent, becoming more human.

If anyone has any better ideas about how to evolve individuals or societies other than by engaging in the processes of art - asking questions, receiving visions, implementing these visions in some form so they become interpersonal forms of communication - I'd love to hear them.

Reflective question:

1. Do you agree that art is important? Why?

## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : Music

Related Core Values :

Title : Western Instrument Families

Truth  Justice  Love  Life  Family

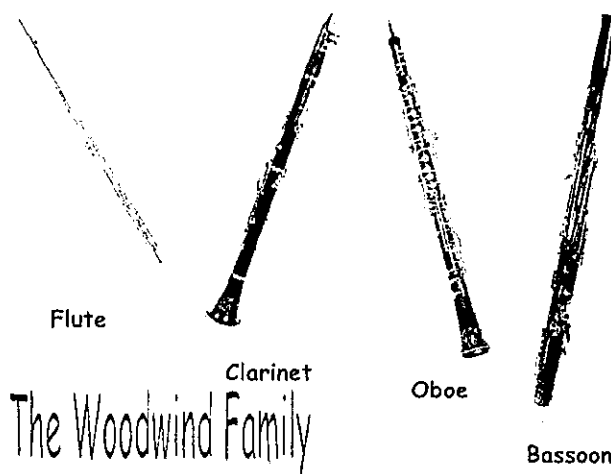
<b>Reading across the Curriculum (RaC) : Aims</b>		(✓)
a	To arouse interest in studying a particular subject	✓
b	To provide more background information of a particular topic	✓
c	To enrich world knowledge	✓
d	To develop deeper level of appreciation towards art work	
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f	To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g	To strengthen positive values and their daily application to analyse personal and social issues	✓

Source of article: <http://www.orsymphony.org/edu/instruments/strings.aspx>

### Western Instrument Families

#### The Woodwind Family

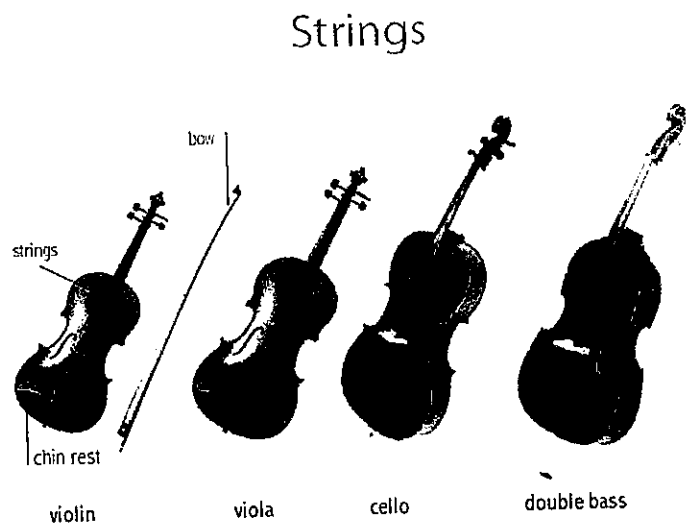
When we talk about musical instruments, we often talk about them as being part of a family. That's because, just like in human families, the instruments in a particular family are related to each other. They are often made of the same types of materials, usually look similar to one another, and produce sound in comparable ways. Some are larger and some are smaller, just as parents are bigger than children.



The instruments in this family all used to be made of wood, which gives them their name. Today, they are made of wood, metal, plastic or some combination. They are all basically narrow cylinders or pipes, with holes, an opening at the bottom end and a mouthpiece at the top. You play them by blowing air through the mouthpiece (that's the "wind" in "woodwind") and opening or closing the holes with your fingers to change the pitch. Metal caps called keys cover the holes of most woodwind instruments. The mouthpieces for some woodwinds, including the clarinet, oboe and bassoon, use a thin piece of wood called a reed, which vibrates when you blow across it. The clarinet uses a single reed made of one piece of wood, while the oboe and bassoon use a double reed made of two pieces joined together. Just as with the stringed instruments, the smaller woodwinds play higher pitches while the longer and larger instruments play the lower notes. The woodwind family of instruments includes, from the highest sounding instruments to the lowest, the piccolo, flute, oboe, English horn, clarinet, E-flat clarinet, bass clarinet, bassoon and contrabassoon.

## The String Family

When you look at a string instrument, the first thing you'll probably notice is that it's made of wood, so why is it called a *string* instrument? The bodies of the string instruments, which are hollow inside to allow sound to vibrate within them, are made of different kinds of wood, but the part of the instrument that makes the sound is the strings, which are made of nylon, steel or sometimes gut. The strings are played most often by drawing a *bow* across them. The handle of the bow is made of wood and the strings of the bow are actually horsehair from horses' tails! Sometimes the musicians will use their fingers to pluck the strings, and occasionally they will turn the bow upside down and play the strings with the wooden handle.



The strings are the largest family of instruments in the orchestra and they come in four sizes: the **violin**, which is the smallest, **viola**, **cello**, and the biggest, the **double bass**, sometimes called the contrabass. (Bass is pronounced "base," as in "baseball.") The smaller instruments, the violin and viola, make higher-pitched sounds, while the larger cello and double bass produce low rich sounds. They are all similarly shaped, with curvy wooden bodies and wooden necks. The strings stretch over the body and neck and attach to small decorative heads, where they are tuned with small tuning pegs.

### Questions:

1. What is the difference between single reed instrument and double reed instrument?
2. Which is the biggest instrument in the string family?



## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject : PE

Related Core Values :

Title : The Five Basic Skills of Basketball

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	✓
b	To provide more background information of a particular topic	✓
c	To enrich world knowledge	✓
d	To develop deeper level of appreciation towards art work	✓
e	To relate school learning with daily life experience	✓
f	To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g	To strengthen positive values and their daily application to analyse personal and social issues	

Source: <http://www.livestrong.com/article/500227-the-five-basic-skills-of-basketball>

### The Five Basic Skills of Basketball

Basketball is a fast-paced game that requires the knowledge and instinct to perform quickly and properly. The sport of basketball requires five basic skills. While some players might be more experienced with some skills than others, it is best to have at least some ability in all five areas.

#### Dribbling

Dribbling is an important skill for all basketball players. This skill will allow you to move up and down the court, maneuver past defenders and execute plays. Proper dribbling requires ball-handling skills and knowledge of how to spread your fingers for ball control. It is also best if you know how to dribble equally well with both hands.

#### Shooting

In order to score points in basketball, you need to shoot the ball into the hoop. This requires the ability to properly hold and throw the ball into the air toward the basket while avoiding defenders. A proper shot requires precise aiming, arm extension and lift from the legs. There are different types of shots you need to learn, including jump shots, layups and free throws.

## Running

Running is a big part of basketball. In a full-court game, you will find yourself running back and forth as the game quickly transitions between offense and defense. When you have the ball, running will help you to avoid defenders and get to the basket quicker. On defense, you often will find yourself needing to run after the opponent, especially during fast breaks.

## Passing

Passing is another skill that when mastered can help you become a complete basketball player. Basketball is a team sport that involves finding a teammate who is open for a shot. The ability to pass the ball to this player can make the difference between scoring and not scoring. Really great passers are an important part of a basketball team and usually the ones who set up scoring plays.

## Jumping

Jumping is another skill that can define how good a basketball player is. Jumping is involved in offense during the jump ball in the beginning, while taking shots and sometimes while trying to catch a pass. On defensive you will need the ability to jump when trying to block a shot or a pass. Being able to out jump your opponent for a rebound also is important.

## Question

Do you think basketball is popular among Hong Kong teenagers?  
Why?

## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	✓

Put a tick  in the appropriate box ( can be more than one )

Learning Area / Subject: Religious, Moral and Civic Education Committee  
 Title: God’s Justice is Better: The Church and the Death Penalty

Related Core Values :

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	
b To provide more background information of a particular topic	✓
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f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	✓

God’s Justice is Better: The Church and the Death Penalty

by RYAN O'CONNELL

<http://lifeteen.com/blog/gods-justice-is-better-the-church-and-the-death-penalty/>

Three dead. Hundreds wounded. A beautiful celebration of the human spirit turned into a horrific murder scene by a hate-filled terrorist.

When I first heard that Dzhokhar Tsarnaev — one of the Boston Marathon bombers — had been given the death penalty, I have to admit that I felt a small sense of satisfaction. It felt like justice.

But, as often is the case, my emotions have no weight in determining the morality of an action. It doesn’t really matter how I feel.

So I turn to our beautiful lighthouse in a sea of moral darkness — the Church.

Here’s what the Catechism says about capital punishment:

Assuming that the guilty party’s identity and responsibility have been fully determined, the traditional teaching of the Church does not exclude recourse to the death penalty, if this is the only possible way of effectively defending human lives against the unjust aggressor.

If, however, non-lethal means are sufficient to defend and protect people’s safety from the aggressor, authority will limit itself to such means, as these are more in keeping with the concrete conditions of the common good and more in conformity to the dignity of the human person.

Today, in fact, as a consequence of the possibilities which the state has for effectively preventing crime, by rendering one who has committed an offense incapable of doing harm – without definitely taking away from him the possibility of redeeming himself – the cases in which the execution of the offender is an absolute necessity “are very rare, if not practically nonexistent.” (CCC 2267)

I think the Church makes this pretty clear. In modern societies with reliable prison systems (“reliable” meaning there is very low risk of escape), the death penalty is unnecessary. If we didn’t have

reliable prisons, then it would be acceptable and perhaps necessary to take the life of a convicted murder so as to prevent him from killing anyone else. That would be an extension of the basic principle of legitimate self-defense—which is in accord with Catholic teaching (CCC 2265).

So let's say I agree. In America, the death penalty isn't necessary to protect the public.

But what about justice?

I contend that it probably is just take the life of a murder. But it seems God has asked us not to exercise that power unless it's necessary. He is the Lord of life and death. Jesus was never asked about the death penalty directly, but he certainly surprised His fellow devout Jews when they we're about to stone a woman to death and He stopped it:

The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group 4 and said to Jesus, "Teacher, this woman was caught in the act of adultery. 5 In the Law Moses commanded us to stone such women. Now what do you say?" ...

He straightened up and said to them, "Let any one of you who is without sin be the first to throw a stone at her."

– John 8 (NIV)

Although the woman was not guilty of murder, in those days it was considered just and good to execute someone for more than a dozen offenses—adultery included. By Jesus' example it seems as if God is saying "I got this. Punishment by death isn't necessary."

Now does that mean a murderer can never receive justice? No.

God's justice is perfect. It just may be delayed for a little while. God cares far more about our eternal souls than our mortal bodies. If a murderer doesn't repent of his sins, eternity in hell is a real possibility — as it is for any of us who turn away from God, and don't turn back (Romans 6:23). But even a murderer can possibly repent in prison and obtain eternal life through the mercy of Jesus Christ (and we should pray for that). If that doesn't seem "fair," it's because it's not. But God's mercy isn't fair. It's scandalously extravagant.

However, justice will still be delivered. A repentant murderer may still face a terrible time in Purgatory for his crime. That is where wrongs will be righted. That is where God's justice will be perfected.

Question:

- (1) What is the justice of God?
- (2) Is there any conflict between mercy and justice?

## 2017-2018 Reading to Learn

Form	Junior	✓
	Senior	

Put a tick  in the appropriate box (can be more than one)

Learning Area / Subject : Environment & Student  
Health Committee

Related Core Values :

Title : Weight Management and Healthy Living

Truth  Justice  Love  Life  Family

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	
d To develop deeper level of appreciation towards art work	
e To relate school learning with daily life experience	
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	✓

### Weight Management and Healthy Living

<http://www.healthzoneclinic.co.uk/blog/weight-management-and-healthy-living-by-health-zone-clinic/>



We tend to think weight management is all about losing weight but realistically it's all about maintaining a healthy body. We need to be healthy via what we eat, restful sleep, healthy mind, drinking plenty of water, coping with stress, exercise and plenty of fresh air.

Healthy eating of fruit, vegetables, protein, and complex carbohydrates is beneficial for us. We need to make sure we eat six meals a day to maintain metabolism, if not it can lead to weight gain.

Eating six meals a day of a reduced portion size helps the body to burn food faster. Keeping in mind not to eat excessively or deprive yourself of your favourite food all in moderation. If you are calorie counting or starving yourself the body believes it's under a famine and therefore increases stress in the body.

Stress can be considered a major contributor to weight gain. High levels of stress increases cortisol levels in the body which leads to the body storing fat around the organs and abdomen and slowing down metabolism. This can be dangerous as it can lead to various major health issues like heart attacks, diabetes, suppressed immune system, decrease bone density. When there is high cortisol levels in the body we tend to crave carbohydrates like sugar and fatty foods. These foods are stored in the liver and around the abdomen which get converted to fat. The body does this as it thinks that one day it will need the fat storage for energy but if the body is under constant stress it will keep storing the food as fat, a vicious circle.

To maintain a healthy weight we need to stop dieting, eat breakfast, eliminate or reduce all sugars and refined carbohydrates, add protein to all meals, making sure we have enough essential fats in the diet, sleep well, drinking plenty of water through the day.

### **Reflective Question**

How can you keep a healthier life?