

Jack is a Year 8 student at a school near **London**.

- His favourite subject is Chinese. He thinks **learning foreign languages** is fun.
- His school has a Reading Week every **term**. Jack and his classmates love it. They can read many books and **magazines** from the school library. Jack loves his school very much.

Nancy is 14 years old. She's in the **seventh grade**. Twice a week, she plays **volleyball** after school. She loves this game and **spends** a lot of time **practising**. Every Monday, Nancy goes to **a Buddy Club**. There, older students talk to new students about school life. **Her buddy Julie** helps her learn all about her new school. Julie is her good friend.

I have many hobbies. I love swimming, **singing** and shopping. At the moment, **travelling** is my favourite hobby. However, I have a lot of homework every day. I spend so much time doing my homework that I cannot find any time for my hobbies.

- I really feel bad about it. I don't want to give up all my hobbies because of my homework.

Mike is **crazy** about football! He loves watching football **matches**. **Of course**, he loves playing football too. He often **spends** about one hour playing football with his classmates after school. His parents don't like this and have asked him to go home before 5: 30. He thinks it is important for him to spend some time on his hobbies. He **wishes his parents'support**

I have changed my **diet** because I want to be healthier. Before, I **seldom ate** fruit and **vegetables**. I liked cakes, **sweets and cola**. Now, I always have a banana, some bread and a glass of milk for breakfast. I usually eat fish and vegetables for lunch. I'm now becoming healthier and healthier. Because of this, my studies have **greatly improved**.

Before, Tom loved **chips and hamburgers** and ate a lot of **sweet snacks**, but he **seldom** ate fruit and **vegetables**. Now, he has changed **his diet** because he wants to **be healthier**. For breakfast, he usually has some milk and bread. He usually has rice, fish and vegetables for dinner. After meals he often eats some fruit Tom is much healthier now he know it is important to change an unhealthy diet

My cousin **Andrew** is crazy about DIY. He loves to **repair things and decorate his house**. But when he **finishes**, the house always **looks terrible!** He once tried to put in a brighter light in his bedroom, but he made a mistake. Then his whole house had a power cut. So I some books about DIY for him, and I also advised him to **take some courses in DIY**

Here are some tips for making a fruit salad. First, use fruit in season. Then, use fruit of different colours. For example, mixing red apples, green pears and purple grapes together will make the salad look very colourful. Last, prepare the fruit salad just before you are going to eat it. Some of the fruit will quickly turn brown when you leave it in the air for some time.

I am a middle school student. Last week I designed a coat, a skirt and a pair of boots. The black coat is made of wool. It is long and beautiful. The red skirt is made of wool too. It is good for autumn. The boots are short and are made of leather. They match the clothes very well. I love them very much.

Last Saturday, our class held a fashion show. We all wore clothes from different times in the 20th century. Helen looked colourful. Her clothes were from the 1980s. John looked very relaxed. He wore blue-and-yellow sports clothes and a pair of colourful trainers. Young people in the 1990s liked wearing trainers.

I enjoy reading the books of Robert Louis Stevenson because I find them really exciting. For example, Treasure Island tells the story of a young boy. He sails the sea to look for hidden treasure. His story gives me a lot of confidence! After reading the book, I am not as shy as I used to be. I also want to travel and have exciting experiences in the future.

I love reading. I spend over seven hours a week reading different types of books. I am interested in history books, but I like novels best. My friends give me a lot of advice on books. We often meet together and discuss what to read. Reading is always a wonderful time. Good books help me relax after a busy day. They also open up a whole new world to me

My neighbours are kind and helpful. They have different skills and often help us with all kinds of problems. Computer engineers help people fix their computers. You can also find someone to fix things like broken bicycles.

Students can get help with their homework. There are some college students among the volunteers, and they are always ready to help. We are very lucky to live a neighbourhood like this

Lin Tao was at home alone yesterday afternoon. Suddenly, he heard someone shouting "Fire! Fire! Help! He ran outside and saw a lot of smoke from next door. He went in and found his neighbour's leg was badly hurt. There was heavy smoke and the fire was hot in the room. Lin Tao poured water over his clothes. He then put a wet blanket over his neighbour and helped her out.

I recommend Helen to be the Tennis Club leader. She has been a club member for three years. She always takes an active part in club activities. I often see her practise hard. This year, she came first in the school tennis competition. She is also very organized. I think she is a good choice to be the Tennis Club leader.

If you are thinking about visiting Beijing, I recommend this book. It describes many tourist attractions in the city. It also tells you about the local souvenirs. There are many beautiful photos in the book. You can learn a lot about Beijing from this book. This book is not expensive. You can buy it in the nearby bookshop.

My cousin Judy has taken part in a volunteer project in her college. She works as a primary school teacher in North-west China for one year. She teaches the students Chinese, English and Maths. She sometimes teaches them songs. She also gives them a lot of books to read. Judy thinks it is meaningful for college students to teach children in the poor areas. In this way, they can help the local people improve their lives.

Xiao Wei, a Grade 9 student, has been ill in hospital since last month. The doctor says that he has a serious blood disease. An operation may save him. But it will cost over 300,000 yuan. Xiao Wei's parents are both farmers. They do not have enough money. However, it is important for Xiao Wei to have the operation as soon as possible. If all of us can give a helping hand, he may get well again soon.

British people usually say "hello" or "nice to meet you" and shake your hand when they meet you for the first time. They behave politely in public. They think it's rude to push in before others. They always queue. They are very polite at home as well. "When in Rome, do as the Romans do." When we are in a strange place, we should do as the local people do.

We can see different public signs in places like hospitals, museums, streets, and parks.

- They are often bright in colour and have pictures on them. Most of them give us useful information. They help us find our way and tell us about the places around us. They keep us safe from danger and warn us not to do something. For example, we can always see the sign "No photos" in an art museum

I know Sunshine Town very well. I moved here with my parents when I was four years old. I have lived here since then. We first lived in the northern part of town. A few years later, we moved to another flat in the centre of town. Now Sunshine Town has changed a lot. It looks like a big beautiful park.

Sunshine Town has changed a lot. The government has turned part of the town into a park. We have a large shopping mall and a theatre. We have open spaces and pretty gardens too. However, it is difficult to see some of my old friends. They have moved to Beijing or other places, and I feel a bit lonely from time to time. Sometimes they come back to see me, and that makes me very happy.

The Summer Palace is a Chinese garden and mainly includes a hill and a lake. The lake is very big---it takes up three quarters of the area. We can row a boat there, and it is really nice. Across the lake is a 17-hole bridge. There are many stone lions on either side of it. The lions are different from each other. I think the Summer Palace is well worth visiting.

We are leaving for Japan soon. First, we are going to visit Tokyo, the capital city of Japan. We can see the Japanese works of art and go shopping there. Then, we are going to take a coach to Mount Fuji. It is Japan's highest mountain. We can go skiing there. During our stay in Japan, we can also try all kinds of Japanese food. I hope we will have a very nice trip

Pollution has become a serious problem all around the world today. We should try our best to protect the environment. For example, we should plant more trees. Trees reduce dust and help keep the air clean. We can also use both sides of the paper. Remember to turn off the lights when we leave a room. We are doing a lot to help protect the environment, but there are still many more things we can do.

Our environment is changing for the worse. So it is time for us to go green. You can take shorter showers and reuse water if possible. Don't forget to turn off the power when our TV or computer is not in use. Take your own bags when shopping instead of using plastic bags. It is very important for us to develop a green lifestyle. Follow these small steps and you can make a big difference to the Earth!

I know some animals are really interesting. The giraffe has a very long neck, but I was surprised to know that there are only seven bones in it. It is also amazing that a snake eats little or nothing in cold winter. Camels live in very dry places. They can live without water for a long time. Now I am not afraid of animals any more. I would like to learn more about them.

My dog is my best friend. Dogs like exercise a lot, so we walk him in the park every day. He often runs after cats and birds there. Sometimes he barks when someone comes to visit us. Some people are afraid of him. I usually give him dog food. Sometimes we give him some meat. My dog never worries because I will look after him till the end.

Zhalong Nature Reserve is one of the world's most important wetlands. Many birds live there. There are many fish in the wetland, so the birds can easily find food. More and more birds are now in danger because they do not have enough living space. Lots of them have died. The Chinese government wants to protect these endangered birds. They can be safe in reserves like Zhalong.

We like birdwatching. We do a bird count twice a year to study the changes in bird numbers. We are now inviting students to help. We need more people to help us count. Many people do not understand the importance of the wetlands. We hope this information will help them understand. It may make them take action to protect wildlife.

Everyone likes giant pandas. Giant pandas are quiet and peaceful. They eat a special kind of bamboo. Now, there are only about 1,600 giant pandas in the wild. Their number is going down. Their living areas are becoming farmlands. Also people hunt them for their fur. If this continues, there will soon be no giant pandas in the world.

The baby panda is called Xi Wang. When she was born, she weighed about 90 grams.

- She drank her mother's milk every day. When she was six months old, she started to eat bamboo. Sadly, it is difficult for giant pandas to survive in the wild. If people cut down trees and forests, giant pandas will have I was in the library when the earthquake started. The earth started to shake hard. I tried to run outside, but pieces of glass and bricks fell down, and the walls began to come down. Finally, the noise and shaking ended. I realized my leg was trapped. I was afraid that no one would find me. I screamed for help. Luckily, a dog found me and someone pulled me out.nowhere to live. We should try our best to protect them.

A snowstorm hit Beijing last Wednesday. After school, Betty shared an umbrella with her friend, Amy, and they walked to the bus stop. The weather was really terrible. Suddenly, a strong wind came from behind. They lost their umbrella in the wind and nearly fell over. They had to walk slowly through the storm to the bus stop. At last, they got on a bus and went home.

My home town is in the east of China. It is a small town. In it there is a beautiful park.

- We can go walking there. We can see hills, trees and lakes too. There are some tall buildings in the town and the tallest one has twenty-four floors. There are lots of shops. We often go shopping in them. I like my