**Question:**

Children often eat food that is not good for their health. What are the reasons for this? What can be done to make children stop eating unhealthy food? (3rd November) (GT)

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**Answer:**

Children habitually consume food which is not good for health. There are a number of causes of this, but certain measures could be taken to alleviate this problem.

There are several causes of this situation. Firstly, children love to indulge in junk food because they can easily buy it anywhere. For example, in my neighborhood, specifically under my block, there is a convenient store that they can just buy out from the shelves. Moreover, across my block, there is a big grocery store that sells a variety of unhealthy food. Because of this, kids can just easily buy food that is not good for their health. In addition, one remarkable reason is that fast food is tastier because of the additives and artificial flavors that was mixed with this kind of food. For this reason, such food can be appetizing and it can be addictive to young ones without knowing the effect on their health if they continue to consume it regularly.

Various possible courses of action could be taken in order to tackle the above. First and foremost, the government should launch a nationwide campaign to raise awareness about the health issues that could elevate by consuming junk food. For instance, programs on healthy eating should be introduced to schools and it should be part of the school curriculum. In this way, our kids should gain information on the right food to eat. Secondly, health should start from home, parents should introduce a healthy eating habit by preparing nutritious food that could benefit their children’s health. As parents, we should train our kids and teach them on the early age on what food to pick and consume. For instance, we can emphasize the damaging effect of consuming unhealthy food and give the benefits of having a nutritious food.

In conclusion, various factors have contributed to the unhealthy eating habit of kids, but this situation could be addressed by raising awareness on the effect of consuming junk food by getting the government, schools and parents involved. Given this situation, it is crucial that the steps should be taken immediately to lessen this bad habit and kids to start eating nutritious food instead.

**Question:**

You have just moved into a new home and are planning to hold a party. You are worried that the noise may disturb your neighbour.

Write a letter to your neighbour. In your letter

·            introduce yourself

·            describe your plans for the party

·            invite your neighbour to come

(Cambridge 6, GT B)

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**Answer:**

Dear Mr./Mrs. Koh,

I am Nimrod Resulta staying next door with my wife and two kids. Recently, we have just moved in few weeks ago and we are still fixing things up. In no time, when everything is in place, we are planning to hold a house blessing.

          I am writing with regards to the event that we are planning to hold because I am concerned that we might disturb you from the noises it may occur. We are planning to hold this event in November 6, 2017.

On event itself, we will start with a short prayer conducted by a priest followed by anointing of each part of the house. This will be followed by lunch, the food that will be served is for both vegetarian and non-vegetarians. As part of our culture and belief, while food is being served, games and activities will be organized as we believe in doing so this might drive away bad spirits and bring luck to our home. To fully grace the day, karaoke will be setup so everyone can enjoy singing and dancing. In addition to that, all kinds of drinks will be served as well.

We love to create new acquaintances and hope to establish a good relationship with our neighbours. Thus, I am cordially inviting you and your family to celebrate the day with us. I would like to get to know your family better and at the same time I would like to introduce my loving family to yours. I hope that you could come.

I am looking forward to meet your family.

Yours Sincerely,

Nimrod Resulta