



Task Description

The Department of Health (DH) is launching a Healthy Eating Campaign to arouse awareness of the importance of eating healthily to promote good health. They are recruiting Student Health Ambassadors to help promote the idea of healthy eating. You and three other students have been nominated by your school to join their selection procedures. The four of you are required to attend a workshop organised by the Department. The objective of the workshop is to help the prospective Ambassadors to understand better how a good diet is essential for maintaining good health. In the workshop, the prospective Ambassadors have to attempt the following four tasks under the guidance of Mr. Solomon, the workshop facilitator.

Tasks	Task Description
Task 1	A Smart Way to Start the Day To get a rough idea of what people have for breakfast, you will listen to the first part of a Teen Time programme about the importance of eating breakfast, in which the presenter asked various people what they had had for breakfast that morning. You will then be asked to answer all the questions in the Breakfast Quiz.
Task 2	Break the Fast In order to promote eating breakfast, you are asked to design a leaflet. In Part A, you will listen to the second part of the Teen Time programme about the importance of eating breakfast, in which the host of the programme, Helen, talks to Clare Yurman, a nutritionist, about the importance of eating breakfast. You will then be asked to take notes on the note sheet provided. In Part B, you will write a leaflet based on the notes you have taken.
Task 3	Skip It or Eat It To enhance your understanding of what a healthy breakfast consists of, you are asked to design a breakfast menu. In Part A, you will listen to the third part of the Teen Time programme, in which Clare Yurman offers suggestions for good breakfast food, and complete a note sheet. In Part B, you will design a breakfast menu based on the notes taken.
Task 4	Edible Poem To disseminate knowledge about food, you will write a poem about food. In Part A, you will study two poems and learn about their features. In Part B, you will write either an alphabet poem or a rhyming poem about food.



Task Overview

