

LPF Speaking Exemplar

Curbs on Junk Food

Task Description

Students worked in groups of four and gave a presentation on the causes of teenage obesity, the importance of a balanced diet and the ways to reduce the consumption of junk food among teenagers.

Preparation

After completing a textbook unit entitled 'Healthy Eating', students prepared a presentation on 'Curbs on Junk Food'. Students collected information and prepared notes. They then presented PowerPoint slides and shared their views in front of the whole class.

Learning Outcomes: ATMs 6-7

The following annotations illustrate the learning outcomes of the four students who participated in the group presentation.

Content, Organisation & Communication Strategies	Language	Pronunciation, Stress, Rhythm & Intonation
ATM7 Organising, presenting and exchanging information, ideas, personal experiences and opinions on familiar and less familiar topics with some elaboration clearly, and using a range of communication strategies	ATM7 Using a range of language forms and functions generally appropriately and accurately	ATM6 Speaking English quite accurately and fluently, and with generally appropriate stress, rhythm and intonation
<p>The students can</p> <ul style="list-style-type: none"> • give a presentation on the adverse effects of junk food and the causes of teenage obesity with some elaboration, e.g. ‘Yes, because of the low nutritional value and the high content of sugar and fat inside the junk food. They are not healthy for us’, ‘Yes, they will cause obesity if we eat too much of those food and do not have enough exercise. Obesity creates a lot of health problems like heart disease and diabetes, etc.’ • present views on how to reduce the consumption of junk food among teenagers with reasons, 	<p>The students can</p> <ul style="list-style-type: none"> • use carefully-chosen diet-and health-related vocabulary, e.g. ‘junk food’, ‘health food’, ‘nutritional value’, ‘unhealthy foods’, ‘teenage obesity’, ‘balanced diet’, ‘diabetes’ • use a range of formulaic expressions appropriate to an informal presentation, e.g. ‘Oh dear!’, ‘Oh, hey,...’, ‘Well I think ...’, ‘Now now let me show you...’, ‘You see...’ • use appropriate tenses for a range of communicative functions, e.g. <ul style="list-style-type: none"> - using the simple present tense to state facts and express personal views, e.g. ‘My parents are 	<p>The students can</p> <ul style="list-style-type: none"> • pronounce most familiar and unfamiliar words and expressions related to diet and health quite accurately, e.g. ‘health food’, ‘nutritional value’, ‘teenage obesity’, ‘diabetes’, ‘influence’ • produce utterances with generally appropriate stress, rhythm and intonation, taking a few pauses to search for basic lexis and grammar e.g. ‘But anyway, um the interviewees thought that ah eating junk food and lack of exercises are the main cause of teenage obesity and that a balanced diet and plenty of exercise are the best ways to prevent obesity.’

<p>e.g. ‘... I think as I spend most of my time in the school, why don’t we cut all the ...vending machine in order to take away the temptation.’, ‘...we can try to cook some tasty and healthy food for ourselves. Yep, we really cook meals by ourselves as we can control the amount of sugar and oil added.’</p> <ul style="list-style-type: none"> • lead and redirect the presentation on how to reduce the consumption of junk food among teenagers, e.g. <ul style="list-style-type: none"> - K: Wow! Oh, the latest advertisement of Sammi, Aaron, F4 and Edison...Oh, so handsome! - D: Oh, hey, that’s not the main point. What do you think other of other than that? - H: Yes, so that Kitty can accept those invitation from her idol and buy a healthy food. - T: Okay, okay. Actually that’s not just our responsibility. The school and the parents both have the responsibility too. 	<p>always not at home and no one cooks dinner for me’, ‘Well I think that the celebrities play a very important role in promoting those unhealthy foods.’</p> <ul style="list-style-type: none"> - using the simple future tense to predict the consequence, e.g. ‘They’ll probably make you fatter and fatter’, ‘This will make them become healthier.’ • use the conditionals to talk about possible consequences, e.g. ‘...if the price of the health food is reduced, I will probably eat more vegetables...’, ‘Yes, they will cause obesity if we eat too much of those food and do not have enough exercise.’ • use the passive voice to emphasise the person affected by the action, e.g. ‘The students will be forced to have a healthy drink.’, ‘So teenagers should be taught to cook healthy and simple meals.’, ‘I’m forced to buy a fast food for my dinner.’ • use modals for various communicative purposes: <ul style="list-style-type: none"> - using ‘can’ to show ability and make 	
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	<p>suggestions, e.g. ‘...we can control the amount of sugar and oil added’, ‘...we can try to cook some tasty and healthy food for ourselves.’</p> <ul style="list-style-type: none">- using ‘should’ to show obligation, e.g. ‘I think the celebrities should promote the healthy food instead’, ‘Also, teenagers themselves should learn how to have self-control...’	
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Transcription

T: Tracy

K: Kitty

D: Denise

H: Hilda

T: Hello, everyone, I'm Tracy.

K: I'm Kitty.

D: I'm Denise.

H: And I'm Hilda. Today's and I'm going to offer...

All 'Hong Kong's Next Top Discussion'

D We talk about the latest topic in the city.

H And bring to you immediately.

K So today's topic is... Oh, wait! Technical problem!

T Curbs on junk food.

H Oh, I like junk food.

K Oh, me too! Me too!

D Oh dear, I hate junk food. It makes me fat.

T Yes, because of the low nutritional value and the high content of sugar and fat inside the junk food, they are not healthy for us.

D They probably are the main reason for causing teenage obesity.

H I know, but sometimes I can't, I just can't resist them. They're so delicious like the coca-cola, cheese, etc. Oh, I'm feeling hungry now.

K I agree. Also when my idol is advertising those junk food, it seems that my idol is inviting me to buy the product. Oh, I just can't ignore their invitation.

D Well I think that the celebrities play a very important role in promoting those unhealthy foods. Now now let me show you all an advertisement.

K Wow! Oh, the latest advertisement of Sammi, Aaron, F4 and Edison... Oh, so handsome!

D Oh, hey, that's not the main point. What do you think other of other than that?

T Pepsi!

H Yes, I like Pepsi more than Coca-Cola.

K Why? I can't spot out any difference among them. They taste more or less the same.

H Well, because my favourite idol is in there.

T,K,D Oh dear!

D It seems that the celebrities really have a great influence on the teenagers.

T Teenagers love to follow their idols. And it encourages them to buy those junk food.

H Without them, I probably won't love Pep won't... won't love Pepsi that much.

K Hm...but you shouldn't have too much junk food. They'll probably make you fatter and fatter.

T Yes, they will cause obesity if we eat too much of those food and do not have enough exercise. Obesity creates a lot of health problems like heart disease and diabetes, etc.

H Okay, okay, I will try to avoid these in the future.

T That's good.

D And you should take more healthy food instead such as fresh vegetables and fruits.

K Hm...if the price of the health food is reduced, I will probably eat more vegetables rather than junk food in order to save money.

H I agree. A salad costs you twenty dollars and a set of fast food shop and a set of fast food also costs you twenty dollars. However, the fast food meals make me feel full. Of course I will buy the fast food.

D But eating salad makes you slimmer. You see those celebrities; they have a very fit body. They must have a balanced diet.

T Denise is right. If you want to look as fit as your idol, you should eat healthy food.

K Good point. Also, I think as I spend most of my time in the school, why don't we cut all the ...vending machine in order to take away the temptation.

H Or how about having a vending machine that sells milk, vegetable juice and mineral water instead of soft drinks?

D Oh that's a good idea. The students will be forced to have a healthy drink. This will make them become healthier.

T Yes, um...to me, if a product is really that good, it don't need to advertise all the time.

H The companies just want to earn money. They don't care about our health.

K Yes, it's too bad.

D But in fact, we can try to cook some tasty and healthy food for ourselves.

T Yep, we really cook meals by ourselves as we can control the amount of sugar and oil added.

H Also, teenagers themselves should learn how to have self-control and how to choose the food.

T Right, I won't choose junk food but I would value the choice.

D So, Hilda, you should learn to resist junk food as you said you can't at the beginning.

H What? I haven't said that.

T,K,D You are lying.

H Um... don't just talk about me! I think the celebrities should promote the healthy food instead.

T Like Sammi?

H Yes, so that Kitty can accept those invitation from her idol and buy a healthy food.

K Hilda...

T Okay, okay. Actually that's not just our responsibility. The school and the parents both have the responsibility too.

D Yes, I agree with that. My parents are always not at home and no one cooks dinner for me. As I do not know how to cook, I'm forced to buy a fast food for my dinner.

K And in school, we lack of physical education. We just have two P.E. lesson a cycle. It's too less.

T So teenagers should be taught to cook healthy and simple meals. Well...should too

increase the number of PE lessons, right?

D Yes, that's right.

T Ah, we should have an interview but due to technical problems, we could not show it. But anyway, um the interviewees thought that ah eating junk food and lack of exercises are the main cause of teenage obesity and that a balanced diet and plenty of exercise are the best ways to prevent obesity. So, well, that's all for today, do you have any questions? Same answer?

K So next week's topic is...

T,D,H ...is a secret.

K Ok, never mind, then we'll check it out next week.

All So see you next week and check it out!

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