

Name: \_\_\_\_\_

Class: \_\_\_\_\_ ( \_\_\_\_\_ )

## Unhealthy Lifestyle of Hong Kong Teenagers

### Hong Kong True Light College

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**Prediction:** Look at the words and phrases in the word box and skim through the script below. Can you predict what some of the answers will be?

#### Word Box

according to	computer games	pastimes	surf the Net
addicted	healthy lifestyle	promoted by	surfing
advertisements	the Internet	responsibility	unhealthy lifestyle
candidates	mature and responsible	slimming centres	waste time
concerned about	meaning of life	slimming programmes	worthwhile

**Cloze Dictation:** Now listen to the soundtrack of the Clipit film, "Unhealthy lifestyle of Hong Kong teenagers". As you listen, fill in the blanks with the missing words and phrases.

In today's society, teenagers in Hong Kong have a wide variety of (1) \_\_\_\_\_. However, it is not a healthy phenomenon when most of these activities are meaningless.

Look at the youngsters holding NDS or PSP in public places. They are (2) \_\_\_\_\_ the virtual world, and grab every chance to play (3) \_\_\_\_\_, whether it is outdoors, in the MTR stations or even on the bus. When they return home, they indulge themselves on (4) \_\_\_\_\_. According to a survey, Hong Kong teenagers spend about 35 hours per week (5) \_\_\_\_\_ the Internet.

Tom: That's normal! I (6) \_\_\_\_\_ and usually read Xanga, visit Facebook and watch videos on Youtube for several hours a day. It makes me feel absolutely great!

(7) \_\_\_\_\_ have a really powerful influence. For example, ads featuring (8) \_\_\_\_\_ and products greet teenagers everyday and everywhere. Equating slimness with beauty, they go to extremes, ignoring the importance of health, and spend thousands of dollars on (9) \_\_\_\_\_.

What about politics? Do teenagers know what civic (10) \_\_\_\_\_ and referendum mean? Whenever they meet (11) \_\_\_\_\_ canvassing in the street, they ignore them and continue chatting, walking and shopping. They are not (12) \_\_\_\_\_ the political development and political affairs of Hong Kong. They love the new songs (13) \_\_\_\_\_.

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the Karaoke Box. They like to stay in a small, dark karaoke room with a group of friends, singing their favourite pop songs for hours.

If Hong Kong teenagers maintain such an (14) \_\_\_\_\_, what hope do we have for the future? How can we deal with this problem?

Teenagers should not (15) \_\_\_\_\_ on meaningless activities. They must lead a balanced and (16) \_\_\_\_\_. They need to exercise. Without health, they can't achieve anything. Regular exercise is definitely the key, at least thirty minutes a day (17) \_\_\_\_\_ a health expert. If they can spend hours on the Internet, what is thirty minutes for exercise?

It is understandable that young people find life boring and want to have as much fun as possible. But, there are many (18) \_\_\_\_\_ things they can pursue in their quest for happiness and the true (19) \_\_\_\_\_. It is high time that they manage themselves in a (20) \_\_\_\_\_ manner.

**Post-Listening Task:** Now go back and read the script from beginning to end. Do your answers make sense?