



PUI - annata magazine

time

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remember

Healthy living



The Way to Health

Mai Wang Cheng (2) Senior2B

In this city, which is full of hustle and bustle, people always neglect the importance of exercise. Meanwhile, society tends to pursue slimness. Therefore, many people do excessive exercise to maintain a nice figure. However, we should know that lacking exercise or over-exercising is both bad for our health.

Some people dislike or even hate doing exercise. However, we should not avoid doing exercise. The reason is that the lack of exercise can cause obesity, high blood pressure, heart disease and other fatal diseases in the long run.

On the contrary, some people, such as models, tend to over-exercise in order to keep fit. As we all know, when things reach an extreme, they will only go the opposite way. Over-exercising does not help keep the body fit and healthy. Instead, it harms the body.

Doing exercise in moderation is good for health, but exercise alone is not enough. For example: do you think you can stay healthy if you keep exercising moderately but only sleep for four hours per day? Obviously not! A balanced diet also plays an essential role in keeping the body healthy. We should not avoid any kind of food, unless with the doctor's advice, or else we will not be able to acquire the necessary nutrition. The elements we take in can help strengthen our immune system and make us stronger.

In conclusion, only exercising in moderation can result in quality health. Therefore, with a balanced diet and adequate sleep, moderate exercising definitely helps us stay healthy.

Exercise

Ng Si loi (1) Senior2B

Since we spend a great deal of time at school, it is necessary for us to release our pressure and one of the most effective ways is by doing exercise. According to recent survey, we should spend at least 30 minutes a day doing exercise in order to stay healthy.

Doing exercise regularly can reduce the risk of a heart attack and some other diseases. While running and swimming, not only are we training our muscles but also our heart. A stronger heart is more capable of better blood transmission, so blood pressure and the heartbeat rate can also be kept at a normal level easily.

Apart from ensuring a healthier heart, doing exercise improves our psychological health, too. Friendship, peer support, which plays a crucial part in mental health, can also be developed during the process of doing exercise. Sports such as basketball and football all require team spirit. Team spirit is a kind of energy which encourages the team to perform better. In order to be the winning team, team members undergo training together, communicate ideas and share strategies with one another, develop trust and cooperation to get through challenges and achieve their goals together. Through the process of preparing for competitions, they even solidify their bonds unconsciously.

The advantages of doing exercise are beyond imagination. Why don't we start now? Come on! Let's move our body and explore the fantastic world of exercise!



Super Size Me

Iao Ka Man (1) Senior2D;

Ho Cheng Ian (6) Senior2D

Type:

Documentary

Time:

96 mins

Director:

Morgan Spurlock

Main actor:

Morgan Spurlock

Release date:

28th August 2004

Introduction:

What happens when you have all three meals a day at the McDonald's for thirty days? Morgan Spurlock, a young American director, boldly carried out the experiment himself. Thirty days in a row, he only ate at the McDonald's.

Is the food at the McDonald's enough to cater for the basic operation of the human body? If so, how would a man's figure alter? The documentary will give you an answer! Over the course of his experiment, Spurlock gained eighteen pounds, became depressed, and suffered from some other illnesses.

Review:

We think the movie presents the reality vividly and helps us to acknowledge the problem of eating excessive fast food. We believe that no one will eat as much fast food as he /she used to do after watching this movie. We want to point out that it is all right to eat fast food but just do not over-do it. Also, remember to do some exercise to burn off the calories afterwards.

All in all, we sincerely invite everyone to watch this movie and live a healthy life.



Book Name: Banana Diet

Author: Hamachi

Lai Ian (48) Senior2D, Kou Chin (20) Senior2D

Hamachi is a famous Japanese scientist and dietician. In this book, she shows us an easy and convenient way to lose weight – the Banana Diet!

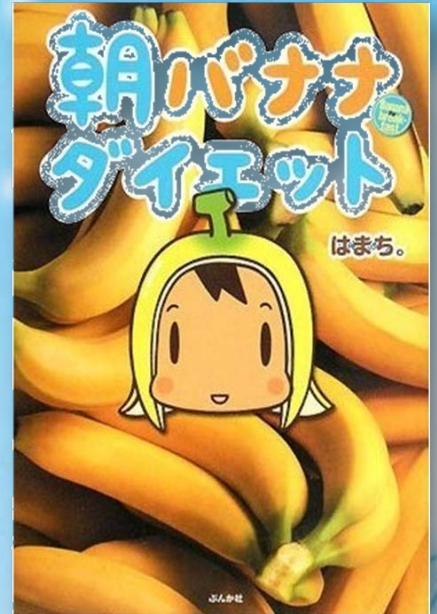
The diet is to have breakfast before 8am and it includes only several bananas and plenty of water. She does stress that the proper way of life is the most important part of the diet, though.

The three major selling points of the Banana Diet are: there is no need to restrain one's appetite, no need to spend a large amount of money and no need to spend much time. This diet provides a snug and quick way to keep fit.

Let's try and see!

According to some entertainment news, some celebrities have really tried the Banana Diet and their feedbacks are all positive! Since bananas can make us feel full easily and for a considerable period of time, we eat fewer snacks between breakfast and lunch. Also, as bananas are rich in cellulose (fibre), they help with the problem of constipation and keep us healthy and pretty inside out.

Movie stars and pop singers have followed the diet and succeeded! To lose weight, keep fit, have a healthy life or an attractive appearance, why don't you give it a try?



Dancing Strings

Hoi Yan Lok (29) Senior2D

To have a healthy life, one should know how to relax oneself. Running, swimming, singing or even traveling are good ways to release one's pressure.

Here I want to introduce to you a CD called "Dancing Strings", which can help you relax and refresh after a day's hard work.

This is a CD by a new string chamber orchestra called "Macau Virtuosi". They were just established last year and have released their first CD. They are going to have a premiere concert in the coming December, too.

So, have a healthy life! Have a Dancing Strings CD!



弦舞

DANCING STRINGS
MACAU VIRTUOSI
ARTISTIC DIRECTOR
KIN-FUNG LEUNG
UP4D AUGO

New York Cheesecake

Ingredients:

- Cake base:

80g cornflakes
1/2 eggs
2 tbsp sugar
2 1/2 tbsp milk

-Filling:

600g plain yoghurt
80g sugar
30g cake flour (filtered)
50ml milk
2 1/2 eggs
2 1/2 tsp lemon juice
A few drops vanilla oil



Steps:

1. Put the yoghurt into the fridge and let it dehydrate for a night.
2. Mix the ingredients of the cake base well and put it aside until the mixture sets.
3. Put the baking paper into cold water, pick it up right away and wipe away the water. Prepare a 18cm-caliber mold, place the paper in it and fill in the mixture in Step 2.
4. Put the dehydrated yoghurt, sugar and cake flour into a bowl and mix them up with an electric mixer for around 10 seconds. Then add in milk, eggs, lemon juice and vanilla oil and blend them for another 10 seconds.
5. Put the resulting mixture of Step 4 into the mold on top of the mixture in Step 3.
6. Place it into the oven, and bake it at 170°C for 25 mins. Done.

RECIPES

Black Sesame Panna Cotta

Vong Teng Ian (39) Senior2D

Ho Cheng Ian (6) Senior2D

Ho Ka Ian (5) Senior2D

Ingredients:

1 cup milk
200ml whipping cream
80g sugar
1 1/2 tbsp gelatine
2 tbsp black sesame spread



Steps:

1. Mix milk, whipping cream and black sesame spread together until mixture sets.
2. Mix gelatine with sugar. Put it into step 1.
3. Cook the resulting mixture over low heat until it boils. Divide among small containers on a serving plate. Freeze it for a night. Done.



SPORT INTERVIEW

Before the Sport Days, everyone was busy preparing for various Sports events, and, Herman Ng, a Form 5 student, was no exception. Having in mind the idiom "Practice makes perfect," he got a gold medal in the high jump competition. While we were having the interview, Herman always mentioned the importance of practice. "I keep practising hard, hoping to stand on the podium one day. After a series of intensive practices before the Sports Day, I made it!" "When I was presented with the gold medal on the podium, I remembered the idiom 'no pain, no gain'. It was important to keep practising and build the muscle up in order to do better in high jump. I think the Macau Stadium is quite good a place for students to compete with one another. I know it's not easy to win a medal, but 'practice makes perfect'."

Ho Long In (3) Senior2B,

Tou Chi Hong (11) Senior2B

Chau Chin Fong (12) Senior2B,

Mak Chon Kit (30) Senior2B

Sio PaK Lok (43) Senior2B

According to the data that we had collected from the interviews of several teachers, "Yes" was the universal answer to the question "Do you think health is important?". And their reason was that without health, all you can do is lie in bed and do nothing. One misses a lot of wonderful things that happen in life – one cannot play games, or go to work, or hang out with friends or even help oneself in case of emergency.

Another question we asked was "Do you do exercise often?". The answer that we collected was quite disappointing. Although all the teachers interviewed know that health is important, a lot of them do not always do exercise either because they are lazy or they do not have time. Only one of them usually does exercise. He likes doing exercise and he goes to the gym almost every day. Also, he sometimes goes hiking with his colleagues in free time.

Through this interview, we learn that a lot of teachers in our school know that health is very important but a number of them do not have enough time, and only a few of them have enough regular exercise.

Sun Tak Hou (23) Senior2A, Lei Hong Fai (9) Senior2A

Lam Man Pong (18) Senior2A, Tang Hou Tin (46) Senior2A

Kun Wang Hou (16) Senior2A, Chao Un Ieng (15) Senior2A, Van Hio Wai (39) Senior2A, Ip Hio Ian (41) Senior2A, Lo Sio Hin (54) Senior2A

Did you enjoy the Sports Day this year? We interviewed the first runner-up of the 800-metre race, Angela Wong from S4A and she shared her opinion about health. She thinks that being optimistic and exercising regularly are essential factors leading to good health. Our school has started to promote healthy food in the tuck shop but Angela thinks that not all the food is healthy. Sausages are one example. In addition, the food is fairly expensive and there are few choices. As far as exercising is concerned, she thinks that we need to have adequate warm up exercise to avoid getting injured. If unfortunately we get injured, we should stop training and take a rest. She also mentioned her views on the relationship between money and health. She thinks that health is much more important and essential in life than money. Money can buy everything but health. Therefore, we should treat ourselves better and avoid getting sick by doing exercise. She hopes that everyone enjoys good health!

On the Sports Day this year, we interviewed three students in total. They were Alan Chan, Jessica Lei, Ella Lei respectively. We could see that all of them enjoyed the Sports Day very much. Both Jessica Lei and Alan Chan are members of our school's Volleyball Team. Ella Lei volunteered as a helper at the check point. Let's have a look at what they did during the three days and how they felt about the Sports Day this year!

Ng Si loi (1) Senior2B, Tran Chon Ip (23) Senior2B, Chan Ka Hei (26) Senior2B, Iao Ka Wai (33) Senior2B Long Hao Tian (44) Senior2B

Interviewer: Herman Ng from Form 5B

Interviewee: Alan Chan from Form 1B

H: Hello, Alan. Let's have an interview with you.

First, how do you feel about the Sports Day this year?

A: Well, I feel very excited about it. Everyone enjoys the competitions and there is joy everywhere.

H: Which event do you participate in?

A: I take part in the 400-metre sprint, 800-metre sprint and 400-metre relay. I hope I can get a good result and stand on the podium. (laughs)

H: Do you always do exercise? If yes, how many times do you do these kinds of exercise every week?

A: Umm... Since I am a member of the Volleyball Team, I practise twice a week. In order to train up my body, I also go jogging every day. I am keen on doing sports, you know.

H: So Alan, what do you think is the purpose of doing exercise?

A: Doing exercise is good for our health, physically and mentally. Since I began to do exercise a few years ago, I have become more active and happier than before.

H: Alan, what do you learn from doing sports?

A: Since I took up exercise, I have begun to realize the importance of team spirit. If you want to win in a race, encouragement and communication among your teammates is necessary.

H: Which is your target for this year's Sports Day, marks or medals?

A: Ah, I think this is an interesting question. To be frank, both marks and medals are what I desire on these three days.

H: Thank you very much, Alan! I wish you good luck. Try your best! (laughs)

Interviewer: Matt Tran from Form 5B

Interviewee: Jessica from Form 1E

M: Hello, Jessica! What do you think about the Sports Day this year?

J: I think that the Sports Day is fun and eventful! And I feel joyful all the time during the Sports Day.

M: Yes, I think so. Which competitions have you taken part in?

J: I've taken part in the 200-meter sprint, the 400-meter sprint and the 800-meter sprint. Unfortunately, I haven't won any medal...

M: Oh, I see. Have you joined any sports team in school?

J: Yes, I have joined the school's Volleyball Team.

M: It's a coincidence that I'm also a member of our school's Volleyball Team! How often do you have volleyball training?

J: I have volleyball training five times a week. On Monday, Wednesday, Thursday, Friday and even Sunday!

M: What do you think you have learnt on this Sports Day?

J: I think that I have learnt 'Two heads are better than one'.

M: Finally, what do you think is the more important target for the Sports Day? Medals or exam marks?

J: (Laughing) I really think exam marks are more important than medals! Hahaha.....

M: (Laughing) Ok, thank you very much for your time! Hope that you will win some medals next year!

Interviewer: Antony Chan And Sam Long from Form 5B

Interviewee: Ella Lei from Form 1B

Sam: Hello, Ella. Sorry to bother you. Would you mind my asking you some questions for a simple survey?

Ella: Not at all.

Antony: Which item did you participate in during the Sports Day?

Ella: I took part in the 60-metre sprint, the 100-metre sprint and the 200-metre sprint.

Sam: Had you been training for the events before the Sports Day?

Ella: Yes, in order to be ready for the Sports Meeting, I had been training hard, pretty hard.

Antony: Are you satisfied with the result you've got this year?

Ella: Generally, I'm satisfied with the result. But it's a pity that I was not able to get through to the finals.

Sam: I see. Have you ever got any awards in the Sports Meet in the past few years?

Ella: No, I haven't got any before. It's quite hard to beat the opponents. But I hope I can be one of the finalists in the 100-metre sprint next year. And I will try my best to achieve the goal.

Antony: When you are not participating in any event during the Sports Day, what do you do?

Ella: I help in the check up office, which is near the track field, so I am busy doing my work most of the day. I would cheer for my friends who are competing whenever I'm free.

Sam: So you work at the check point! What do you think about your job?

Ella: I think the check point is the most important department. It's my great honor to be one of the helpers at the check point serving other students.

Antony: Have you joined any sports team in the school, like the Volleyball Team or the Basketball Team?

Ella: No, I haven't.

Sam: One last question. Do you think that the Sports Day this year was held successfully?

Ella: Yes, I'm sure it was and I think that there has been an improvement in the check point because more and more students are working there.

Antony: Thank you for cooperation. Try your best to fight for your goals and never give up easily. I'm sure you can make it!



Alan Chan from Junior 1 B felt very

going to take part in the 400-metre sprint, 800-metre sprint and 400-metre relay. He was very confident of getting a good result and having the opportunity to stand on the podium.

excited about the Sports Day this year. He was

Alan used to be a member of the PC Volleyball Team, so we can see he is a sports fan. Ever since he took up exercising, he has been happier and more active than even before. He has begun to realize the importance of co-operation, team spirit and encouragement within a team during a competition. Victory is the target of every athlete, and the same goes for Alan. Both marks and medals are what he desires.



Ella Lei is from form 1B. She thinks that the Sports Day this year was held successfully. She took part in the 60-metre sprint, the 100-metre sprint and the 200-metre sprint on the Sports Day this year. She said that in order to prepare for the Sports Day, she had been training hard. She was satisfied with the result she had got but was disappointed that she was not able to get through to the finals.

As a helper of the Sports Day, Ella thought that it was her great honor to be at the check point serving other students. She was busy with her job most of the day, and she would cheer for her friends who were competing whenever she was free.

Ella also mentioned that she had not got any awards in the past few Sport Meets in PCMS, but she looked forward to being one of the finalists in the 100-metre sprint next year and that she would try her best to achieve her goal.



Jessica from form 1E took part in the 200-meter sprint, the 400-meter sprint and the 800-meter sprint during the Sports Day. She said that although exam marks were considered more important than medals, she also felt sad about getting no medals in the end.

Jessica is a member of the PC Volleyball Team, just like our previous interviewee, Allan, and she has volleyball training five times a week. We can see that she has always been doing well in sports.

Jessica thinks that the Sport Day this year is joyful, and that she has learnt the meaning of 'Two heads are better than one'.



An Interview With Ming Sam

Mai Wang Cheng (2) Senior2B, Ao Iek Lam (16) Senior2B, Leong Lok I (19) Senior2B, Chan In Teng (25) Senior2B, Wong Chon Kit (35) Senior2B

Interviewer : I

Interviewee :Ming (M)

I: Do you like Sports Day and why?

M: Yes, I like it because I can have fun and compete with my classmates during these three days. The contests are very exciting and I enjoy cheering for my classmates along the tracks. Also, the atmosphere here is so good that all my classmates are very energetic and they support their friends so warmly. This is the scene that we can seldom find at school and I think that's the most meaningful part of Sports Day.

I: How do you feel about attending your last Sports Day in PC?

M: Since I am a Form 6 student, this is my last Sports Day. I am so happy and I enjoy it so much. I am going to miss this event so much. I like watching my schoolmates having competitions, and getting good results. It is so lovely to see the primary students competing with one another. They refresh my memories of the time when I was in primary school. Time really flies!

I: Which is your favorite sport item?

M: My favorite sport item is the men's 5,000 meters. Men's 5,000 meters is the most challenging sport item and it is one of the most attractive events of the Sports Day. You must keep running till the end and it really pushes your physical strength to the limit. Apart from that, it is the most popular track and field sport item and all students will be watching with full anticipation.

I: What do you expect from the Sports Day this year?

M: This is my last year in Pui Ching and so this is my last Sports Day. I want to treasure more of the good memories for the future. That's why I've been wandering around, taking photos with classmates and teachers. Meanwhile, I will do my best to finish the race that I have enrolled in, as this is the last chance for me to compete with my classmates. I will cherish this Sports Day and enjoy it.

I: What's your opinion on your form uniform this year? What is so special about it?

M: I think our form uniform is quite beautiful. First of all, the colour is very bright. People can recognize us easily while we're competing in the field. Secondly, this is my last year in Pui Ching, so the form uniform has a special meaning to me. I'm loving it!

I: Thank you for your time.



HEALTH INTERVIEW

What is the Best Way to Stay Healthy?

Dixon: Hello. I am Dixon, an English Reading class student. May I ask you some questions about the healthy life style?

Alice: No problem.

Dixon: As a junior 2 student, do you always burn the midnight oil?

Alice: Well, I usually do my homework and test review quite early. I can finish my studies before 11 pm, and go to bed at about 11:30p. I seldom burn the midnight oil.

Dixon: Do you think taking a rest is important to our health? Why?

Alice: Yes! Sure! I think good habits and enough rest have positive effects on our studies and our performance in class. If you do not have enough quality sleep every day, you will feel tired easily and cannot even grow tall.

Dixon: Do you always go out to eat? Do you eat much healthy food?

Alice: I go out to eat twice a week. I don't think I always eat out. I usually avoid eating at McDonald's because I think it is unhealthy for us. I prefer eating at noodle shops for they tend to put less oil in their food. I also like eating unhealthy food sometimes to be honest, such as ice cream and apple pies. But I only do it once in a while. Staying healthy is important, or you may be weak or get fat.

Dixon: How many glasses of water do you drink in a day? Do you feel healthier drinking water?

Alice: Of course, seven glasses per day! I think having seven glasses of water per day makes me feel better, and it is especially true of drinking one glass of water early in the morning. I can feel my stomach and intestines cleaned, and thus, I begin my day fresh!

Dixon: Thank you for your time. Have a nice day! Goodbye.

Alice: Goodbye.



Healthy Eating

Health is very important, so Mike and Tony have interviewed Ms Lin, a school helper of Pui Ching Middle School, for her opinion on health. The following dialogue is about the general condition of health in Pui Ching Middle School.

Firstly, they asked about the improvements the canteen had made in order to promote a healthy diet. According to Ms Lin, that the canteen has been providing a variety of lunch sets, which are manifestations of a balance-diet, in order to promote healthy eating. The lunch sets all contain vegetables, meat and fruits in a suitable proportion, which are appropriate for students' daily nutrition need.

Tony then asked Ms Lin about the comments from students. She said the students were glad about that. They said that the scheme could help them refrain from eating fast food.

Mike commented that the price of food in the canteen was quite expensive and wondered if that would discourage students from eating healthily. She thought this factor could possibly make students refuse to buy the food provided by the canteen but if the promotion of a healthy diet in the school was enough, students would eat healthily all the same. Meanwhile, she agreed that the school should consider the issue about prices.

Finally, Tony asked if Ms Lin agreed that doing more exercise was the best way to stay healthy. Ms Lin thought for a while and said that the purpose of doing exercise was to stay healthy, but added that there was a high risk of injuries and even fatal accidents if we didn't prepare ourselves enough for acute sports. Thus, students should do enough warm-ups before doing exercise and be aware of their own abilities. Furthermore, she said that adequate water replacement was also essential if you wanted to ensure exercise safety.

Interview with Mr. Choi

Q: Do you think you are healthy? Why?

A: Yes, I think I am. Because I sleep at 11 o'clock every day, I won't miss my mealtime and I do exercise every day.

Q: Which exercise do you think is the best? Why?

A: I think every kind of exercise is good because exercise is beneficial to our body and different exercises can make different parts of the body healthier.

Q: What do you usually eat or drink to make you healthier?

A: I usually eat salad because there are lots of vegetables and fruit in it. And I always drink water because water is good for our health.

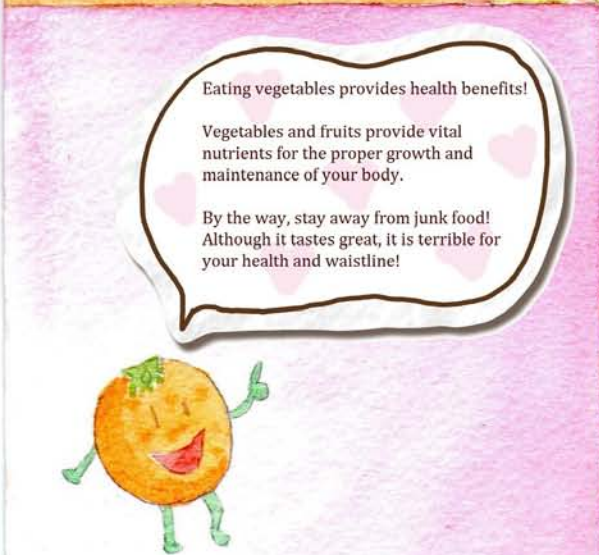
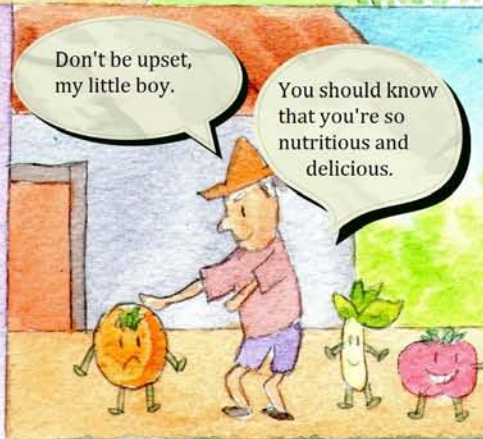
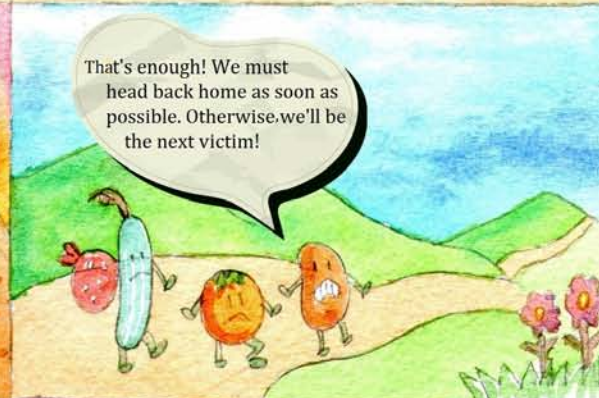
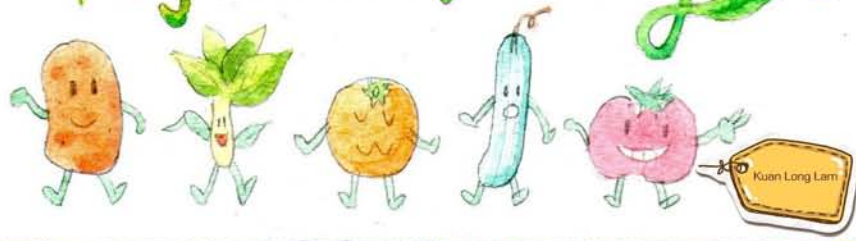
Q: What do you do over the weekend?

A: I work out in the gym or go jogging on weekends because doing more exercise can make me healthier.

At the interview, Mr. Choi suggested the following in order to stay healthy.

According to Mr. Choi, having enough sleep is very important, so he sleeps at 11 o'clock at night. He will not miss his mealtime and he does exercise every day. He thinks that every kind of exercise is beneficial to health because different exercises make different parts of the body healthier. Also, he usually eats salad because there are lots of vegetables and fruit in it. He also added that drinking water is essential because water is good for health. He works out in the gym or goes jogging on weekends because he believes doing more exercise can make him healthier.

Vegetable Family



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The way to health: Mai Wang Cheng (2) Senior2B

Exercise: Ng Si Ioi (1) Senior2B

Movie Recommendation: Iao Ka Man (1) Senior2D, Ho Cheng Ian (6) Senior2D

Book Recommendation: Banana Diet: Lai Ian (48) Senior2D, Kou Chin (20) Senior2D

Music Recommendation: Hoi Yan Lok (29) Senior2D

Recipes: Vong Teng Ian (39) Senior2D, Ho Cheng Ian (6) Senior2D, Ho Ka Ian (5) Senior2D

Sport Interview: Ho Long In (3) Senior2B, Tou Chi Hong (11) Senior2B, Chau Chin Fong (12) Senior2B,

Mak Chon Kit (30) Senior2B, Sio PaK Lok (43) Senior2B, Sun Tak Hou (23) Senior2A,

Lei Hong Fai (9) Senior2A, Lam Man Pong (18) Senior2A, Tang Hou Tin (46) Senior2A,

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