

QEF Thematic Network
on Web-based Learning for Students with Diverse
Learning Needs (Reading and Writing)
in Junior Secondary Schools 2022-23



Salesians of Don Bosco Ng Siu Mui Secondary School

How to guide students to conduct research, write and do a presentation by integrating elements of multimedia and first-hand information

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School Background

- A boys' school located in Kwai Chung district
- The fourth poorest district in HK
- Majority of the students come from low-income families
- 68% of the students are Chinese & 32% are Non-Chinese

Students' background

Our students fall into three categories:

Newly-arrived children / Chinese students	With very little English & know only basic English words Passive learners, not confident to speak in English
Non-Chinese students mainly Pakistanis	May have fluent spoken English, but could be weak in spelling, vocabulary and sentence patterns for writing
SEN students	confirmed SEN cases, including SLI, ASD, ADHD and SpLd

Students' characteristics and English language teaching

- In general, boys are more active by nature
- Our students, mainly tactile learners
- Learn better by doing and experiencing
- Students are divided into three learning groups in each junior form by ability
- Small class teaching, with around 10-15 students in each group

Areas of Concern

How to guide students to conduct research, write and do a presentation by integrating elements of multimedia and first-hand information

Target groups:	4 groups of S2 students
Pre- test:	A magazine article
Post-test:	2 nd term writing exam

Main Elements of Multimedia



More able students: To maximize their development

Less able ones: To help them learn more effectively

Graphic

Excessive screen time
or 25.7% spent doing heavy or more so. Point of a screen daily.

15 Min Intense HIIT Wor...
FULL BODY HIIT
15 MINUTES 1 ROUND 300 CALORIES
YouTube

Health Issues/ Problems
健康議題/問題

Research about multimedia elements in learning

“The increasing use of multimedia in teaching has provided many opportunities to present multiple representations of content (text, video, audio, images, interactive elements) to cater more effectively to the different learning styles and modal preferences of an increasingly diverse student body.”

“The key motivation for incorporating these enhancements into the curricula is unquestionably the desire to improve the learning performance of students.”

(Sankey, Birch, Gardiner, 2010)

Source: *Engaging students through multimodal learning environments: The journey continues*

Research on Multimedia elements & SEN students

“A multimedia learning system for children with Autism or Down’s syndrome. Therefore it is necessary to look into the theory behind multimedia learning. Richard Mayer defines multimedia learning as learning from words and pictures (Mayer, 2001). He states that **“multimedia messages that are designed in light of how the human mind works are more likely to lead to meaningful learning than those that are not”** (p.41).

(Khan, 2010)

Source: *The effects of multimedia learning on children with different special education needs*

Multi-sensory Experience Learning



Various modes of communication channels

A diverse means of output

Individual Presentation

Role Play

Use of Realia

Interview



The writing task

Writing task

You are the Health Ambassador of your class. Recently, you have noticed that more and more classmates are leading an unhealthy lifestyle. You have noticed the following things.

1. What they eat during recess and lunchtime is not too healthy.
2. They do not exercise regularly.
3. They do not have enough sleep.
- *4. They use their electronic devices a lot. (optional)
- *5. Some of them do not have a normal BMI level. (optional)

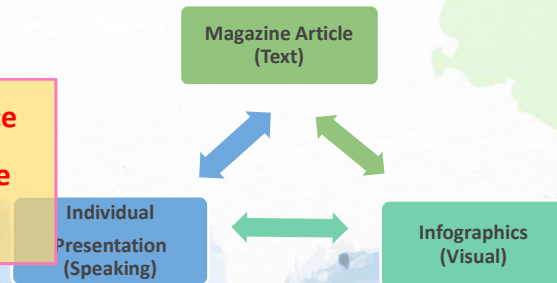
Based on the above, your teachers have decided to ask you to collect more data by wearing a FitBit Health Watch and interviewing some professionals.

Finally, you are asked to write an article to NSM School Magazine to address to these problems and offer solutions. Write about 150 – 180 words. Give your article a title.

Why this text-type?

- A common genre in HKDSE Paper 2
- An effective way to address to common issues among teenagers
- An oral presentation
- Infographics

Values multi-intelligence
Mimicking everyday life
communication



Why this theme?

- Theme: healthy lifestyle
- Popular topic – physical and mental well-being
- Allows cross-curricular activities with PE department
- NSM as a well-being school
- SEN/ weak students: Relevant to our everyday life



Knowledge

Experience

Application

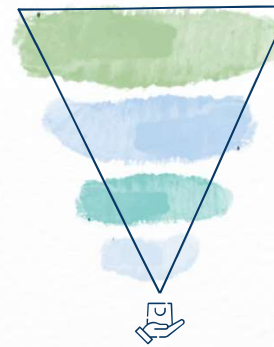
Enhanced motivation in the learning process

Pre-test and Post-Test

Unit	• Unit 3, Get Fit, Stay Healthy
Class	• All four S2 groups
Pre-Test	• In Feb, a magazine article (form-based, core & advanced levels)
Post-Test	• In June, 2nd Term Writing Exam

*Pre-test, Actual Writing Task & Post-test (2nd Term Writing Exam) all with a similar design

English abilities of the 4 groups



2AB	Strong
2AC	Intermediate
2B	Weak
2C	The weakest

Pre-test (Core)

Part A: Photo description

Complete the following photo descriptions by circling the correct options or fill in the blanks with suitable words.

1) Health problems

- Lots of teens have a e.g. snoring / nightmare problem.
- We can get enough e.g. sleep for at least eight to ten hours.
- People in fears would easily have (1) snoring / nightmare and many bad dreams.
- They may also have (2) insomnia / snoring and stay awake all night.

- People who are tired may have (3) nightmare / snoring problem when they are sleeping. Sometimes, the noise can be very loud.
- Many people like sitting down to use mobile phones and computers all day. They have (4) unbalanced diet / excessive screen time. They are (5) lack of exercise / lack of food.
- They may become heavier than before, (6) a or even (7) a which is a more serious problem that they can't ignore.
- An (8) u means that a meal has either too much or too little protein, fats, fibre, vitamins, minerals and fluids.

- Photo descriptions with hints instead
- Thematic vocabulary:
- health problems,
- health advice,
- food and nutrition
- Chinese equivalent

Part B: Statistics description about teenage health issues

Figure 1 – Actual and recommended sleeping hours for children in Hong Kong

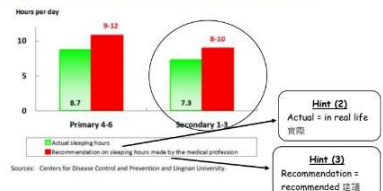


Figure 1 is about the e.g. actual and recommended sleeping hours for children in Hong Kong. (title)

In the figure 1, secondary 1-3 students are recommended to sleep for (1) _____ (how many?) hours a day.

But in real life, they actually sleep (2) _____ (how many?) hours a day.

Figure 2: Overweight and obesity situations of secondary school students by sex

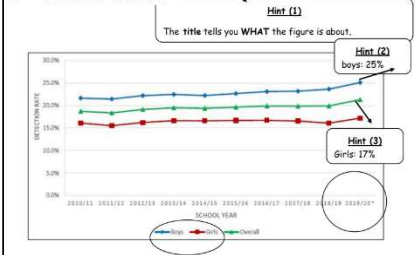


Figure 2 is about the (1) o and o situations of s s by sex. (title)

In figure 2, in _____ to _____ (which year?), around _____ % (how many?) of the interviewed boys are overweight or obese.

Also, around _____ % (how many?) of the interviewed girls have the same problems.

Pre-test (Core) - Performance

- Best Part : Photo Description , scored 11-14.5 marks out of 20.
- Most performed well at the MC questions with Chinese hints and photos
- Not too satisfactory in Statistics description
- Statistics description: 0-4 out of 6 marks

Pre-test (Core) Samples

Lack of Thematic Vocabulary

(2) Health Advice

- (1) Avoid staying up late / avoid processed foods helps you wake up earlier in the morning.
- We should (2) wear sunscreen like sausages, but eat more vegetables.
- (3) Limit your sugar intake / avoid staying up late means people should have no more than 30g of sugar a day.
- Our body needs energy to function, so we should not (4) s m_____ and (5) e a b_____ d_____ by having enough nutrients from different sources.
- We are suggested to do (6) e r_____ like running for 30-45 minutes a day.

Some recycling of the words supplied above

Part B: Statistics description about teenage health issues

Figure 1 - Actual and recommended sleeping hours for children in Hong Kong

Figure 2: Overweight and obesity situations of secondary school students by sex

Figure 1 is about the e.g. actual and recommended sleeping hours for children in Hong Kong. (title).
 In the figure 1, secondary 1-3 students are recommended to sleep for (1) 8-10 (how many?) hours a day.
 But in real life, they actually sleep (2) 7.3 (how many?) hours a day.

Figure 2 is about the (1) overweight and obesity situations of situations secondary by sex. (title).
 In figure 2, in to (which year?), around % (how many?) of the interviewed boys are overweight or obese.
 Also, around 17 % (how many?) of the interviewed girls have the same problems.

Pre-test (Advanced)

You are Chris Wong, a health ambassador in Salesians of Don Bosco N.Y. Sui Secondary School.

Recently, you have noticed that a lot of students do not have the habit of eating proper breakfast before coming to school. Many of them prefer having oily deep fried snacks from the tuck shop as breakfast instead. They also like having bubble tea and fast food for lunch. Moreover, many of the students like playing mobile games during recess and lunchtime instead of engaging in sports activities. Even worse, some of them stay up late to use electronic devices and refuse to go to bed early. There is a need to raise students' awareness on the importance of a healthy lifestyle.

With reference to the figures on Page 2, write an article to Hong Kong Daily to encourage students to lead a healthy lifestyle. Write about 150-180 words. You may wish to talk about:

- what the problems are with the students' lifestyle
- what negative effects they may bring
- THREE suggestions to solve the problems
- benefits to students

Figure 1 - Actual and recommended sleeping hours for children in Hong Kong

Figure 2: Overweight and obesity situations of secondary school students by sex

A magazine article
With prompts and statistics given

Pre-test (Advanced) - Performance

- 81% scored 7 marks or below, 19% scored 9-14 marks
- Some sense on how to write an article but not solid
- Lack of elaboration
- No paragraphing/ run- on sentences
- Limited perspectives with regard to solutions/ impacts
- Unproportional paragraphs

Pre-test (Advanced)

Lack of organization and paragraphing

The problems with the students' lifestyle is they do not care about them selves and on there diet they prefer bad food such as fast foods and soft drinks which they make them sick. ~~deliberately~~ And many of the students like playing mobile games during recess and lunchtime instead of engaging in sports activities. Even worse some of them stay up late to use electronic devices and refuse to go to bed early. The negative effects may cause health problems such as overweight and obesity. The three suggestions to solve the problems is to have a good diet. eat more protein and water in every meals and do more physical exercise in daily basis. avoid sugar and fat but less is fat. it will be easy if it becomes a habit.

Students habit of eating proper breakfast before coming to school. Many of them prefer having oily deep fried snacks and soft drink from the tuck shop as breakfast instead. They also like having bubble tea and fast food for lunch. Moreover, many of the students like playing mobile games during recess and lunchtime instead of engaging in sports activities. Even worse some of them stay up late to use electronic devices and refuse to go to bed early. There is a need to raise students' awareness on the importance of a healthy lifestyle. Healthy lifestyle is good for students so they can be fit and healthy. Students should drink water and should eat vegetable for their breakfast and they should not eat junk food. Otherwise, they will be overweight. And students should not use mobile phone too much. That's the end of my sharing. Thank you so much.

Health problems
Negative effects and solutions

What to eat for breakfast?
How much water to drink per day?

Run-on sentences,
Lack of elaboration

Activity examples?
How much sleep do they need?

The problem with students' lifestyle is playing online games and wrong sleeping hours and playing games is very addictive and playing online games late nights so it may feel sleepy in lessons. I suggest students to play less online games and play more outdoor games it can be healthy for students and sleeping earlier can make good for students and it have benefits the first benefit is playing less online games cannot be addictive to students and sleeping earlier can be more.

EXERCISE

Hi everyone! I'm Chris Wong, today, I'm would like to talk about 'How to get fit and stay Healthy'. I will song How to stay Healthy? Maybe you will ask me, stay healthy is more junior film students.

Good morning everyone! I'm Chris Wong, today I'll talk about how to make healthy a healthy life style. In Hongkong, there are many students do not eating breakfast before they go to school. Eating breakfast can take more energy give you, to then you.

Wrong text-type
More like a speech

Introduction
Hello, my name is Chris Wong! I am the health ambassadors in the Salesians of Don Bosco Ng. sin Mui school. I will talk about the negative impacts brought to the students.

Multimedia elements adopted in the 10-week plan

Text

Pre 10-week plan online health survey

1. What is BMI (什麼是BMI)?
 Baby Mass Index
 Body Mass Index
 Boys Mass Index

2. How to calculate BMI (如何計算BMI)?
 weight in kilograms (kg) divided by the square of height in meters (m) 體重(公斤) 除以身高的平方
 height in meters (m) divided by the square of weight in kilograms (kg) 身高(公尺) 除以體重的平方(公斤)

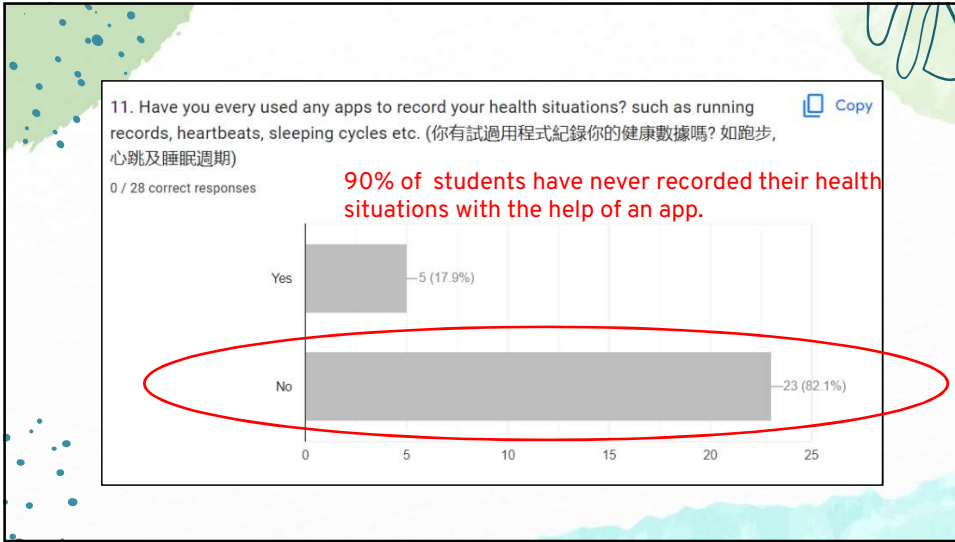
3. How many times should we exercise in a week (每星期應該運動多少次)?
 3 to 4 times 三至四次
 1 time 一次
 0 time 零次

4. How many hours do you sleep every day? (你每天睡多少小時)?
 你的答案 _____

5. How many meal do you eat every day? (你每天吃多少餐)?
 1
 2
 3
 4

6. What meals do you eat every day? (你每天吃哪幾餐)?
 breakfast 早餐
 lunch 午餐
 tea 下午茶
 dinner 晚餐
 mid-night snack 宵夜

7. You consider yourself to be... (你認為自己是...)
 Very overweight 非常過重
 slightly overweight 輕的過重
 About right 適中剛好
 Slightly underweight 輕的過輕
 Very underweight 非常過輕



Texts

Text 1 - Infographic **RaCPE**

What health issues are HK teenagers facing?

1 in 5 teenagers in Hong Kong are overweight or obese.

The Teen Health Cities Index has just released a report with activity level grades for teenagers in 49 cities around the world.

What's the problem?
A lack of physical activity

- a 8.4% exercise the recommended 60 minutes per day
- b 42.3% exercise the minimum 30 minutes daily, three times per week
- c 49.3% are significantly below recommended activity levels, or hardly exercise

Excessive screen time
25.7% spend three hours or more in front of a screen daily.

What's the solution?

Diet

- Eat a balanced diet.
- Avoid processed foods since they often contain too much fat and salt.
- Reduce your sugar intake.

Exercise

- Exercise at least 60 minutes three or four times a week.
- Play a team sport. It'll be quite fun exercising with friends.
- Get outside! Why not go for a hike?

Top tip
excessive = more than reasonable or needed

Key messages:

- To understand more about statistics and infographics
- Some inputs of healthy lifestyle tips
- Easier for less able students

A magazine article to model on

Sleep problems

Have you ever experienced these sleep problems? If you have, you are one of many Hong Kong teenagers who struggle with sleep.

Sleep problems: insomnia, nightmares, snoring, teeth grinding.

Hong Kong teenagers and sleep: Hong Kong teenagers are not getting enough sleep, with an average of just 7.3 hours each night. Moreover, about ten per cent of them have experienced insomnia.

Sleep and physical health: Sleep and physical health are closely related. Sleep increases your energy levels, so you feel more energized during the day. If you exercise, your body releases chemicals that help you sleep.

Solutions: listening to music, shutting off electronics, monitoring your sleep.

Writing Sample

1. Title Teenage Obesity

2. Introduction Have you ever noticed that more and more of our junior form students are having an inactive lifestyle? Or maybe that I have seen that they like buying oily snacks like fried chicken wings from the tuck shop. All these things can easily cause teenage obesity.

3. Statistics/data According to a survey by the University of Hong Kong, out of 10,000 students, around 18% of them were overweight and 27% of them were obese. Also, Hong Kong has got a D- grade for overall physical activity comparing with 42 other Asian countries like Japan, China and Singapore. In short, Hong Kong students have high risks in developing obesity.

4. Impacts of the issue Obesity can lead to serious health problems. Physically, some diseases such as cancer, high blood pressure, and diabetes, etc. will easily follow. Moreover, those people may experience low self-esteem and a higher risk of depression. How can we deal with obesity?

3 Solutions from different angle

Should Firstly, according to Amy Ho, a local nutritionist, we should have a diet that we eat 3 portions of fruit and vegetables every day, that will a lot of fibre, which is good for digestion. Also, avoid processed food, sausages and cans because they are high in salt and chemicals.

Should Physically, we should exercise regularly. Our P.E. teacher Mr. Chan says we can exercise at least 60 minutes three to four times a week to stay fit. If we work out regularly, we will have stronger muscles.

Should Finally, sleeping is very important too. If we do not have enough sleep, it will be easier for us to have weight gain and obesity. We should avoid electronic devices one hour before sleep, eight to ten hours of sleep every day.

6. Conclusion In conclusion, we should try our very best to maintain a healthy lifestyle, start living healthily today!

Personal experience (with 5 senses)

Key messages:

- To familiarize with the structure of a magazine article
- Can challenge more able students
- Weaker students: To focus on one paragraph at a time

Nearpod activities with instant answers from students

WHAT CAUSES INSOMNIA?

Video

INSOMNIA | What Causes Insomnia? | What Is Insomnia? | The Dr. Binocs Show | Peekaboo Kids

Collaborate Board

If we have u...d..., we may get sick easily.

What is this health issue?

- Obese
- Lack of exercise
- Snoring

Key messages:

- Interactive text-input
- Cater to tactile learners

If we have u_____d_____, we may get sick easily.

Instructions

George
Unbalanced diet
♡ 0

Brandon
Unbalanced diet
♡ 0

NG WAHO
Unbalanced diet
♡ 0

Kwong Ching Hai
Unbalanced diet
♡ 0

周潤生
Unbalanced diet
♡ 0

Kevin
Unbalanced diet
♡ 0

Play with your phone for 6 hours a day, what is this issue?

Instructions

Brandon
Excessive screen time
♡ 1

George
Excessive screen time
♡ 1

周潤生
Not good for your health and your eyes
♡ 1

NG WAHO
Excessive screen time
♡ 2

Chow
excessive screen time
♡ 1

Kwong Ching Hai
Excessive screen time
♡ 1

Immediate feedback from students

Multimedia elements adopted in the 10-week plan

Graphics

Graphs

Overweight and obesity situations of HK students 香港學生超重及癩肥的情況

How many hours should you sleep as a S2 student? 你作為中二學生應睡多久?

Sleeping situations of HK students 香港學生睡眠的情況

(1) Proportion of youth aged 13 to 19 by number of sleeping hours per day and by sex, in 2008 and 2011/12

		2008			2011/12		
		<6 hours	6 to <8 hours	8-9 hours	<6 hours	6 to <8 hours	8-9 hours
Male	During school days	11.3%	60.1%	8.7%	8.8%	61.1%	10.2%
	During non-school days				2.9%	29.7%	67.4%
Female	During school days	15.8%	76.0%	8.2%	14.4%	60.2%	8.4%
	During non-school days				0.6%	23.9%	75.9%
Overall	During school days	13.9%	78.0%	8.4%	11.5%	60.8%	7.8%
	During non-school days				1.8%	26.7%	71.5%

- Hong Kong students' authentic health situations**
- A broader perspective**

About BMI

Situations	BMI
Underweight	<18.5
Normal	18.5-24.9
Overweight	25.0-29.9
Obese	≥30.0
My BMI	18.2

Therefore, I am Underweight

S2 students' sleeping habits

Out of 32 S2 students,

Sleeping hours	%
8 hours	26.1%
7 hours	18.8%
5 hours	6.3%

In 2011-2012,

Number of sleeping hours	Less than 6 hours	6 to 8 hours
by male students		
School days	8.8%	81.1%
Non-school days	2.9%	29.7%

As a S2 myself, I should sleep for 8-10 a day.

- Narrow down to health condition of oneself**

Pictures to enhance understanding

Health Issues/ Problems
健康議題/問題

Insomnia (n.) 失眠 In soem .i.e	
Snoring (n.) 打鼻鼾 Snor ing .	
Nightmare (n.) 噩夢 Night mare .	
Lack of Exercise 缺少運動 Lack of Ex erc .i.oo	

Read the following nutrition guide.

Food/ nutrition	What is good/ bad about it?
1. Carbohydrates 碳水化合物 	give us a lot of energy 給我們能量
2. Fat 脂肪 FATS! 	makes us put on weight 令我們增磅
3. Protein 蛋白質 	help us build muscle 增加肌肉
4. Sugar 糖 	makes us put on weight 令我們增磅

Vincent:
I am going to the beach this afternoon. It will be very sunny today with a temperature of 35°C

Advice for Vincent:
Be careful! You should _____

Kalvin:
My parents are going to Japan I need to prepare food

- Cater to visual learners
- Build linkage between words and pictures

Thematic vocabulary with pictures and coloured syllables

Health Issues/ Problems
健康議題/問題

Insomnia (n.) 失眠 In soem .i.e	
Snoring (n.) 打鼻鼾 Snor ing .	
Nightmare (n.) 噩夢 Night mare .	
Lack of Exercise 缺少運動 Lack of Ex erc .i.oo	

Health Advice
健康建議

Avoid processed foods 避免加工食物 A void pro cessed foods	
Avoid staying up late 避免熬夜 A void stay ing up late	
Do not skip meals 不要不吃飯 Do not skip meals	

- Cater to visual learners
- Encourage self-directed learning
- Facilitate sound recognition

Graphic organizers

Mr. Sun
A teacher with a **healthy** **lifestyle**

Mr. Lee
A **PE** **teacher**

Mr. Sun Chen
A **doctor**

Problems:
1. If you exercise for minutes regularly, you show muscles.
2. If you exercise regularly, you build in fitness.

Solutions:
1. Eat a lot of vegetables and fruit.
2. Eat fish for getting healthy protein.
3. Eat oatmeal every morning, that help to recharge energy for the morning.

Organization: Hamburger structure

• a writing organizer that visually outlines the key components to make a good paragraph

Write one solution paragraph here.

Topic sentence:
Firstly, according to my son, an English teacher with healthy lifestyle, we should have a balanced diet.

Explanation 1:
If you eat breakfast every morning, your body has enough energy for the morning.

Explanation 2:
Also, eat a lot of vegetables and fruit.

Concluding sentence:
Therefore, eating the right food is so important to our health.

- Guide students to think of solutions from different stakeholders

Multimedia elements adopted in the 10-week plan

Videos

Videos

A cartoon about insomnia

let us peek into the sleep-deprived world of Insomnia

Balanced diet

建議每日進食三至八碗

Food labels

畫面中這包梳打餅的營養標籤

Exercise to do at home

15 Min Intense HIIT Workout For Fat Burn & Cardio (No Equipment, No Repeats)

- Cater to audio visual learners
- Encourage learning outside the classroom

Multimedia elements adopted in the 10-week plan

Audios

Thematic vocabulary with self-accessible audios

Health Issues/ Problems
健康議題/問題

Insomnia (n.) 失眠
In **son** **ni** a

Snoring (n.) 打鼻鼾
Snor**ing** **ni**

Nightmare (n.) 噩夢
Nigh**t** **ma**re

Lack of Exercise 缺少運動
Lack of Ex**er** **ci**se

Health Advice
健康建議

Avoid processed foods 避免加工食物
A void **pro** **cessed** **fo**ods

Avoid staying up late 避免熬夜
A void **stay** **ing** **up** **late**

Do not skip meals 不要不吃飯
Do **not** **skip** **me**als


- Cater to audio visual learners
- Encourage self-directed learning

- Comfortable means for learning to happen at different pace

Multimedia elements adopted in the 10-week plan

Gadgets

Using Fitbit health watches to collect authentic personal health data




Fitbit Charge 5

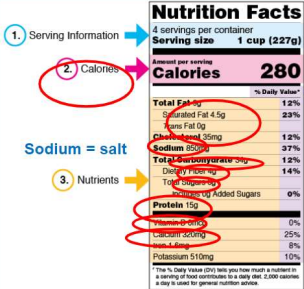
1. Wear a health watch for 2 weeks
2. Keep a closer look on their own health data
3. Make sense of the data collected
4. Transform their lifestyle
5. Develop a healthier and more active lifestyle

Multi-sensory Experience in the 10-week plan:

Learning about food labels

What is a nutrition label? 什麼是食物標籤


A food label shows the amount of energy (calories and kilojoules) and the amount of fat, carbohydrates, sugars, proteins and salt per 100g of the food. 營養標籤是食物標籤的一部分。營養標籤顯示能量值及七種指定營養素的含量，即蛋白質、碳水化合物、總脂肪、飽和脂肪、反式脂肪、鈉及糖。











1. Serving Information
2. Calories
3. Nutrients
4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

- **Stimulate curiosity**
- **Encourage observation**
- **Apply knowledge into everyday life**



Read the following nutrition guide.

Food/ nutrition	What is good/ bad about it?
1. Carbohydrates 碳水化合物 	give us a lot of energy 給我們能量 
2. Fat 脂肪 	makes us put on weight 令我們增磅 
3. Protein 蛋白質 	help us build muscle 增加肌肉 
4. Sugar 糖 	makes us put on weight 令我們增磅 



- Pair work
- Peer support (stronger & weaker)

1. This is <u>potato chips</u> (name of the food 名稱).	1. This is <u>Vitamin C</u> (name of the food 名稱).
2. It has <u>a lot of</u> / some / a little bit of <u>calories</u> (The highest nutrition value 最高營養價值).	2. It has a lot of / some / a little bit of <u>Vitamin C</u> (The highest nutrition value 最高營養價值).
3. Also, it has a lot of / <u>some</u> / a little bit of <u>carbohydrates</u> (The 2 nd highest nutrition value 第二最高營養價值).	3. Also, it has a lot of / <u>some</u> / a little bit of <u>Carbohydrates</u> (The 2 nd highest nutrition value 第二最高營養價值).
4. It has <u>321</u> calories (卡路里是多少).	4. It has <u>321</u> calories (卡路里是多少).
5. It <u>had</u> <u>nutrients</u> (why it is good/bad to the body 對身體有何好壞).	5. It <u>had</u> <u>nutrients</u> (why it is good/bad to the body 對身體有何好壞).

1. This is <u>A nutbar rather candy cheese</u> (name of the food 名稱).	<ul style="list-style-type: none"> • Stimulate curiosity • Encourage observation • Apply knowledge into everyday life
2. It has <u>a lot of</u> / some / a little bit of <u>0% real cheese</u> (The highest nutrition value 最高營養價值).	
3. Also, it has a lot of / <u>some</u> / a little bit of <u>sodium</u> (The 2 nd highest nutrition value 第二最高營養價值).	
4. It has <u>337</u> calories (卡路里是多少).	
5. It <u>add</u> <u>knows</u> <u>keeps your bones stronger</u> (why it is good/bad to the body 對身體有何好壞).	



Multi-sensory Experience in the 10-week plan:

Giving Health Advice

Giving Health Advice

Vincent:



I am going to the beach  this afternoon. It will be very

sunny  today with a temperature of 35° C 

Advice for Vincent:

Be careful! You should _____

Rooney:

I am so thirsty  that I want to have bubble tea  all the time.

Advice for Rooney:

Don't do that! Bubble tea can be very sweet. You should _____

Kelvin:

My parents are going to Japan  I need to prepare food

for myself. I plan to store a lot of sausages and cans  at  home.

Advice for Kelvin:

Think twice. Sausages and cans have a lot of salt and chemicals. You should _____

- Applying vocab learnt in contexts
- Personal level (about their classmates)
- Apply knowledge into everyday life



- Pair work
- Fulfill tactile needs
- Choices/ hints given

Multi-sensory Experience
in the 10-week plan:

Conducting Research

Collaboration with the PE Department



- Boys' favourite lessons
- Create anticipation
- Self-discovery
- Peer support

Measuring their own BMI as first-hand information

BMI is? 什麼是身體質量指數?

It is calculated as: $BMI = \text{Weight (kilograms)} / \text{Height (metre)}^2$. BMI equal or above 25 is obese, BMI between 23 and 24.9 is overweight, BMI between 18.5 and 22.9 is normal range. 6 Jan 2020

2A's BMI 身體質量指數

1 班		2 身體質量指數						
2 號	姓名	1	2	3.0				
3	Name	Height (cm)	Weight (kg)	BMI	Classification (BMI)	Male Number (%)	Female Number (%)	Overall Number (%)
4		172	47.7	16.1	Underweight (BMI <18.5)	51 (5.7%)	157 (14.4%)	210 (10.5%)
5		179	60.1	18.8				
6		166	63	22.9				
7		168	52	18.4	Normal (BMI 18.5-23.0)	398 (42.9%)	557 (51.0%)	955 (47.3%)
8		165	66.3	24.4				
9		160	41.5	16.2				
10				#DIV/0!	Overweight (BMI 23.0-25.0)	192 (20.8%)	174 (16.5%)	366 (18.2%)
11		165	96.6	35.5				
12		167	52.7	18.9				
13		154	42	17.7	Obese (BMI >25.0)	253 (27.5%)	169 (15.5%)	423 (21.0%)
14				#DIV/0!				
15				#DIV/0!				
16		167.5	48.9	17.4	Unknown/Missing/Outliers	28 (3.1%)	34 (3.1%)	62 (3.1%)
				Total	922 (100.0%)	1,091 (100.0%)	2,013 (100.0%)	

- Authentic students' BMI data collected in PE lessons
- Build awareness about one's health
- Numeric input & simple calculation

Class	No	姓名	Name	Foot Steps 步數	Kcal burn 卡路里消耗	Did you eat breakfast today? 你今天早餐嗎? (Yes/No)	What did you eat? 你吃了什麼?	Did you eat lunch today? 你有吃午餐嗎? (Yes/No)	What did you eat? 你吃了什麼?
18				600	1460 kcal	yes	one egg, portion of milk 一個雞蛋 + 一盒奶	yes	French fries, noodles, steaks 薯條、麵條、牛排
19				1556	1884	yes	noodles 麵條	yes	叉燒和肉片
20				15788	2387	Yes	麵包	Yes	豬扒麵
21				13957	2950	Yes	包	Yes	豬扒麵
				7084	1780	yes		yes	叉燒飯
				7199	2200	yes	兩個包子粥	yes	炒麵
				7926	2229	yes	bread	yes	炒麵
				1089	2595	no		yes	叉燒飯
				820	1850	yes	two eggs and bacon 兩個蛋和培根	yes	fried rice 叉燒飯
				827	1578	Yes	吐司	Yes	叉燒飯/粥

Less than 10000 steps

To give meaning to the vocab they learnt "lack of exercise" & "unbalanced diet"

Mainly carbohydrates and meat, no enough vegetables

Sorting out students' authentic health data

what they eat	what they eat	unbalance diet?
breakfast	lunch	no
breakfast	bread	yes
breakfast	lunch	yes
breakfast	rice and noodles	yes
breakfast	bread	yes
breakfast	lunch	yes
breakfast	rice and noodles	yes
breakfast	bread	no
breakfast	lunch	yes
breakfast	noodles	yes
breakfast	bread	yes
breakfast	lunch	no
breakfast	rice	no
breakfast	lunch	yes
breakfast	eggs and bacon	yes
breakfast	rice	yes
breakfast	dumpling and toast	yes
breakfast	lunch	yes
breakfast	rice and noodles	yes

- A personal survey
- Self Vs Self / Self Vs Others → trend

percentage of students have an unbalanced diet 58.33%

3. Statistics/data

why you are writing

According to a survey by the University of Hong Kong, out of 10,000 students, around 18% of them were overweight and 27% of them were obese. Also, Hong Kong has got a D- grade for overall physical activity comparing with 42 other Asian countries like Japan, China and Singapore. In short, Hong Kong students have high risks in developing obesity.

Examples

State the source of information:
According to a survey by the University of Hong Kong. (Source of data).

1st Data:
out of 10,000 students, around 18% of them were overweight and 27% of them were obese. (1st data)

2nd Data:
Also, Hong Kong has got a D- grade for overall physical activity (2nd data) comparing with 42 other Asian countries like Japan, China and Singapore.

Closing sentence:
In short, Hong Kong students have high risks in developing obesity.

Write your own:

State the source of data:
According to the data collected by Fitbit Health watches in class 2. (Source of data).

1st Data:
around 58% of students (1st data) have had unbalanced diet for breakfast and lunch because they usually eat bread, rice and noodles for breakfast and lunch and I walk.

2nd Data:
Our classmates walk around 5000 steps on average every day while the government recommends us to walk 10,000. Around 41% of our classmates do not exercise enough. Also, 27% of them do not have a normal BMI. Some of them are and

According to the data collected by Fitbit Health watches in class 2A, around 58.33% of students have unbalanced diet because they usually eat bread, rice and noodles for breakfast and lunch. Our classmates walk 5000 steps on average every day while the government recommends us to walk 10,000 steps every day. Around 41% of our classmates do not exercise enough. On average, our classmates sleep 7 hours a day.

- Connect the dots
- Turn data into a meaningful statistics paragraph
- Numeric → Text

Multi-sensory Experience in the 10-week plan: Interview & Role Play

Interview, Role Play and Solutions

Solutions and stakeholders

Organization: Hamburger structure

Write one solution paragraph here.

Look at the following example.

Write one solution paragraph here.

- **Connect the dots**
- **Turn interview data into meaningful solution paragraphs**

Multi-sensory Experience in the 10-week plan: Making infographics

Understanding about Infographics

Infographic 信息圖表

- a collection of: 由以下組成
- Image 圖像,
- Data visuals like pie charts 圓形圖 and bar graphs 棒形圖
- text 文字

Why do we need it? 它們有什麼用呢?

For an easy-to-understand overview of a topic
對個別題目較容易的理解

What is an Infographic?

BIG PICTURE

SUMMARY

EXPLORE

IMAGES SUMMARIZE FACTS

簡單 (Simple icons represent data.) **90% IMAGES** (Investigate a topic.)

Graphs and diagrams illustrate information. Maps pinpoint location.

WHY USE IT?

引人注意 (Attract attention.) 清楚 (Makes information clear.)

Engage viewer to think. Quick way to share facts. 快速分享

DID YOU KNOW THAT...

Facts are organized in charts. Text is used to label or next descriptions. Numbers emphasize important facts. Images are icons, not photos.

How data is presented in real life

Using Canva to make their own infographics

Use of **Canva** to make an infographic

- Strengthen IT literacy**
- Fulfill tactile needs**
- Cater to students weak in writing**

THE EXERCISE SITUATION OF STUDENTS IN 2AC

The Diet Situation of Students in 2AC

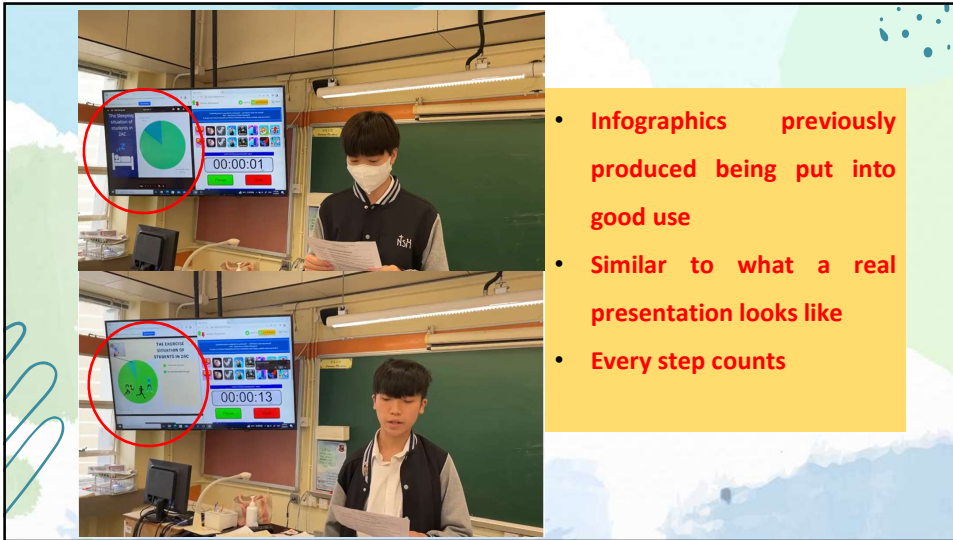
The Exercise Situation of Students in 2AC

The Sleeping situation of students in 2AC

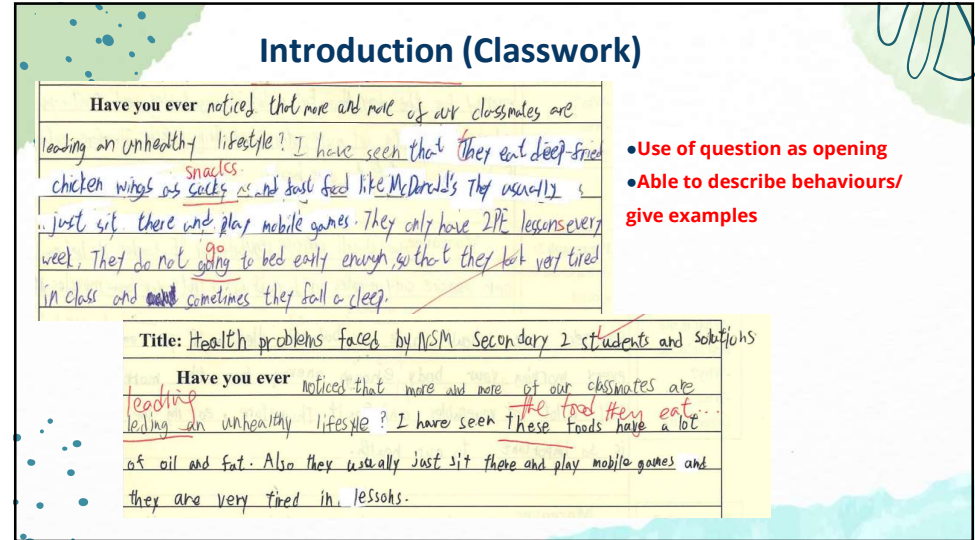
Cater to visual learners/ students with art sense

Multi-sensory Experience in the 10-week plan:

Doing an individual presentation



- **Infographics** previously produced being put into good use
- **Similar to what a real presentation looks like**
- **Every step counts**



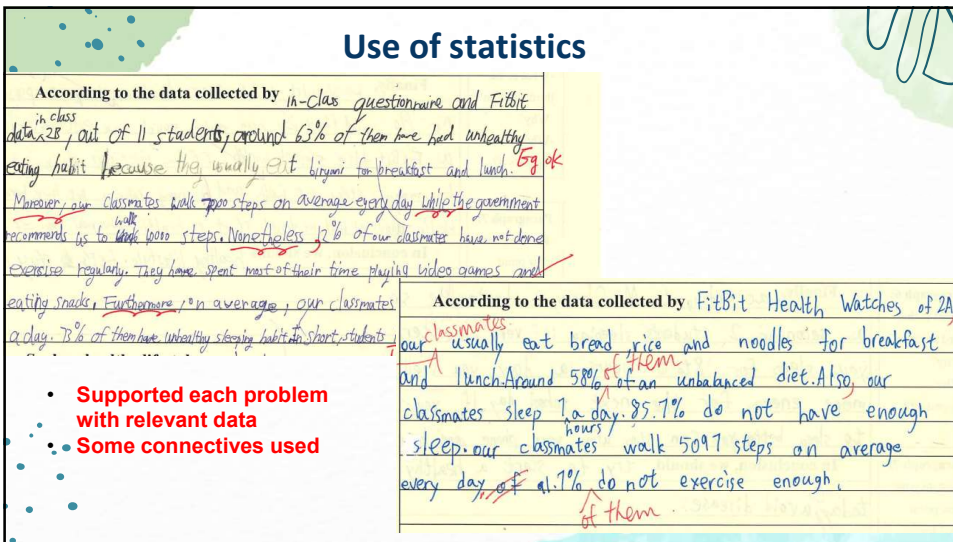
Introduction (Classwork)

Have you ever noticed that more and more of our classmates are leading an unhealthy lifestyle? I have seen that they eat deep-fried chicken wings as snacks and fast food like McDonald's. They usually just sit there and play mobile games. They only have 2 PE lessons every week. They do not go to bed early enough, so that they feel very tired in class and sometimes they fall a sleep.

Title: Health problems faced by NSM Secondary 2 students and solutions

Have you ever noticed that more and more of our classmates are leading an unhealthy lifestyle? I have seen these foods have a lot of oil and fat. Also they usually just sit there and play mobile games and they are very tired in lessons.

- **Use of question as opening**
- **Able to describe behaviours/ give examples**

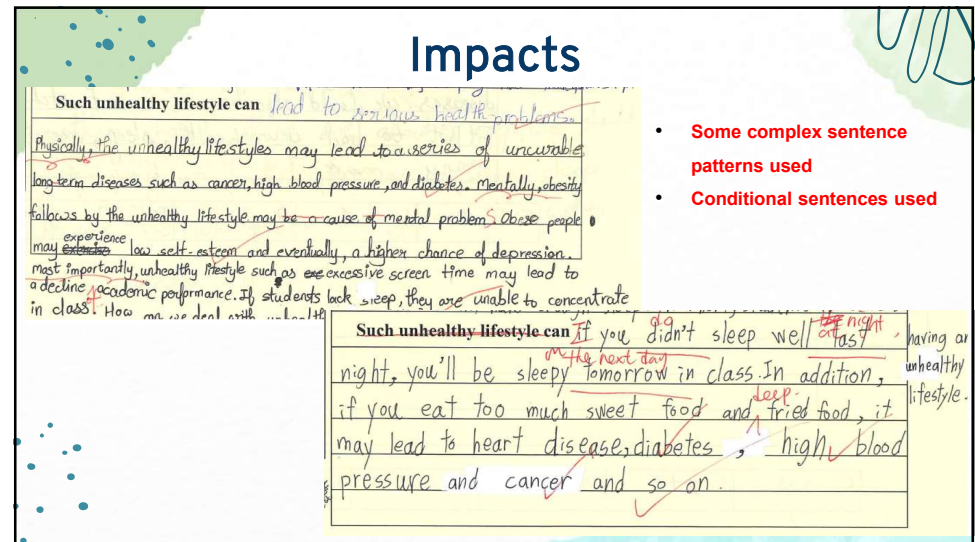


Use of statistics

According to the data collected by in-class questionnaire and Fitbit in class data, 28 out of 44 students, around 63% of them are had unhealthy eating habit because they usually eat bignoni for breakfast and lunch. Moreover, our classmates walk 700 steps on average every day while the government recommends us to walk 1000 steps. Nonetheless, 12% of our classmates have not done exercise regularly. They have spent most of their time playing video games and eating snacks. Furthermore, on average, our classmates a day. 75% of them have unhealthy sleeping habits. Short students

According to the data collected by FitBit Health Watches of 2A, our classmates usually eat bread, rice and noodles for breakfast and lunch. Around 58% of them are on an unbalanced diet. Also, our classmates sleep 1 a day. 85.7% do not have enough sleep. Our classmates walk 5097 steps on average every day. 41.9% do not exercise enough.

- **Supported each problem with relevant data**
- **Some connectives used**



Impacts

Such unhealthy lifestyle can lead to serious health problems. Physically, the unhealthy lifestyles may lead to a series of incurable long-term diseases such as cancer, high blood pressure, and diabetes. Mentally, obesity follows by the unhealthy lifestyle may be a cause of mental problems. Those people may experience low self-esteem and eventually, a higher chance of depression. Most importantly, unhealthy lifestyle such as excessive screen time may lead to a decline in academic performance. If students lack sleep, they are unable to concentrate in class. How can we deal with this?

Such unhealthy lifestyle can if you didn't sleep well last night, you'll be sleepy tomorrow in class. In addition, if you eat too much sweet food and fried food, it may lead to heart disease, diabetes, high blood pressure and cancer and so on.

- **Some complex sentence patterns used**
- **Conditional sentences used**

Solutions

Firstly, according to Mr. Sou, a teacher with healthy lifestyle, we should have a balanced diet. If you eat breakfast every morning, your body has enough energy for the day. Also, eat a lot of vegetables and fruit. Eat fish for getting healthy protein. Limit our sugar intake. Therefore, eating the right food is so important to our health.

- Generated solutions from different stakeholders

Moreover, we should exercise regularly. Our PE teacher Mr. Lui said that if you exercise three to four times a week, it is excellent to your body. Also, there are many exercises that you can do like Tai boxing, yoga, dodgeball that you can try too. Therefore, do many exercises.

Introduction (Post test)

Health is Wealth ✓

Have you ever noticed that a lot of students do not have a healthy lifestyle? We have noticed that so many students from our class are enjoying junk foods from tuckshop during recess time. How phone we before had our frequent binge eating without doing exercise regularly. I can see so many food wrappers in all over the classrooms. These are the significant health issues.

Have you ever noticed ^{those?} John Secondary school students do not have a healthy lifestyle? ^{where does the data come from?} Firstly, according to the statistics, 75% of students would exercise for 1 hour twice a week. It is lack of exercise and ^{there are} 83% of students eat only bread and. They eat an Unbalanced diet. So ^{John} John Secondary school students are facing obesity.

- Able to use a question as opening
- Can cite relevant data
- Some description on students' behaviours

Use of statistics

The statistics from the student Union's Healthy Lifestyle shows that the first problem of students is Lack of exercise. 75% of students would exercise for 1 hour twice a week. The second problem is unbalanced diet. 83% of the student eat only bread and meat. The third problem is excessive screen time. 60% of students use mobile phones for 4 hours or more per day. The last and common problem is staying up late. Most of student sleep only for 6 hours per day.

From the student Union's Healthy Lifestyle Survey, we can see that about 75% of students would exercise for 1 hour twice a week. The other problem is about 83% of students eat only bread and meat. Also, about 60% of students use mobile phone for 4 hours or more per day. The last one is staying up late. About 60% of students sleep only 6 hours per day. These problems are not good for their healthy lifestyle.

- Can cite relevant data to support their point of view

Solutions

You should always eat a balanced diet. This will increase your energy level. Also, do more exercise or join an activity. Go to bed early. It is necessary to have sleep for 7 to 8 hours per day. The benefits these things are that you will prevent diseases and health issues and it will also improve your mental and physical health. If you sleep early you will be stay focused in your lessons. In conclusion, if you follow

We need to eat a balanced diet, do not eat too much junk food, sugar, and eat more fresh fruit every day. Do exercise 3 to 4 hours a week. 80% students are

22-23 S2 EXAM II (Setter:180) English II QAB

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How many hours should you sleep? sleep only or less 6 hours. If you want a good lifestyle, you need to stay focused. Then what should we do? Don't use phone 1 hour before you want to sleep. If you want to have a healthy lifestyle, just do it.

- Solutions related to sleep/ exercise/ diet
- Able to use Conditional sentence type 0/ 1

Consolidation by the PE Department

根據以下情境，回答問題。

小明是一名16歲的中學生，他身高168cm，體重80kg。他平時最愛的活動是玩遊戲機，每天放學回家就會玩到深夜3時，睡到7時就會起床去學。平常在學校小食部最常買的食物是炸雞、汽水；晚餐也不定時進食，間中還會因為忙於玩遊戲機而不吃晚餐。他經常在上課期間睡覺而被老師責罵，他希望可以改善上述問題。

(16歲男生的BMI正常範圍為18.6-23.3，過重為大過等於23.4。)

1. 計算小明的BMI(身體質量指數)，並指出他是屬於過輕、正常還是過重。(2分)

小明的BMI是23.3，屬於過重 ✓ 2

2. 指出2個小明的不良生活習慣。(2分)

晚上不定時進食，間中還會不吃晚餐，甚至食油炸食物和汽水 ✓ 2

1. 計算小明的BMI(身體質量指數)，並指出他是屬於過輕、正常還是過重。(2分)

$80 \div 1.68^2 = 28.3$ ，而23.3以上則為過重，所以小明是屬於過重的 ✓

2. 指出2個小明的不良生活習慣。(2分)

太晚睡覺，不定時進食晚餐 ✓ 2

4. 除了飲食外，為小明設計一個可達到健康生活模式的計劃。(3分)

每星期至少做4次運動，例如跑步、步、登山、行山、多行山可以身心健康 ✓ 1

3. 建議一項小明應該多進食的營養及一項應減少進食的營養，並解釋原因。(3分)

應減少脂肪、糖、鹽、應多食含有纖維素的^{食物}，因為10月他吃的食物沒有纖維素。 2

4. 除了飲食外，為小明設計一個可達到健康生活模式的計劃。(3分)

晚上11時前睡覺，早上7時起身；按時吃一日三餐；多做運動

- Some healthy lifestyle concepts being applied
- BMI/ Diet/ Exercise/ Sleep

Reflection

Look beyond the magazine article itself

- More like a pedagogy experiment
- A simulation of how the world out there is like/ how we process information on a daily basis
- Enrichment of learning process for passive learners to act out, speak out and step out of the classroom
- Various input : texts, audios, graphics, gadgets, videos
- Various output: magazine article, infographics, presentations, actions, interviews, videos
- Learning is not simply just texts but a 4D-model
- Learning in classroom → life changes → value education