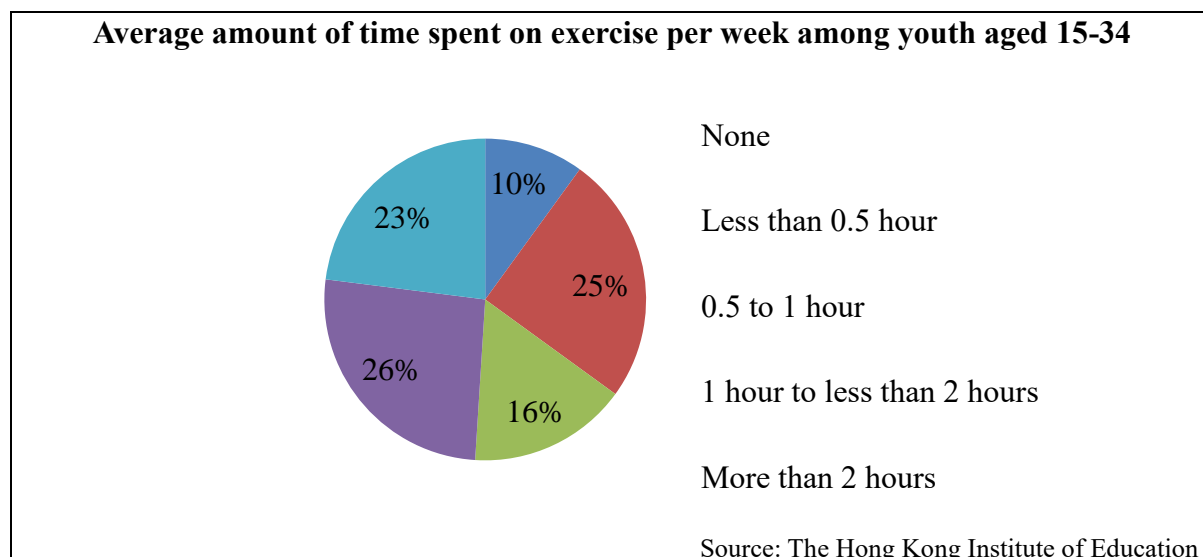


Type of source: Pie chart



Source content	
Theme	
Items involved	.

Cross-item comparison	
	is the amount of time that (most/least) young people spend on exercise per week.
	is the amount of time that (most/least) young people spend on exercise per week.

With reference to the source, describe two characteristics of the exercise habits of young people in Hong Kong.

Topic sentence	<p>The data reflects _____</p> <p>_____</p> <p>_____.</p>
Explanation with reference to the source	<p>According to the source, _____ of Hong Kong's young people spend _____ on exercising each week.</p> <p>This is also the option selected by most of the respondents. However, these young people only exercise for an average of _____ per day. The amount of exercise reported is _____.</p> <p>Moreover, only _____ of young people spend _____ per week on exercise. This accounts for less than a quarter of the respondents. More than _____ of young people do not exercise at all.</p>
Conclusion	<p>In _____ summary, _____ the data reflects _____</p> <p>_____</p> <p>_____.</p>



Learning Through Thinking

Learning Through Thinking

In your opinion, what are the factors that cause the above-mentioned exercise habits of the young people in Hong Kong?

Suggested answer

Info Archives

Source content	
Theme	Average amount of time spent on exercise per week among youth aged between 15 and 34
Items involved	The percentage of young people who do not do exercise, exercise for less than 0.5 hour, 0.5 to 1 hour, 1 hour to less than 2 hours and more than 2 hours.

Cross-item comparison	
1 hour to less than 2 hours	is the amount of time that (most/least) young people spend on exercise per week.
Zero time	is the amount of time that (most/least) young people spend on exercise per week.

Exploratory Questions

With reference to the source, describe two characteristics of the exercise habits of young people in Hong Kong.

Topic sentence	The data reflects that a majority of Hong Kong teenagers do not spend much time exercising. This lack of physical exercise creates hidden risks for their health.
Explanation with reference to the source	According to the source, 26% of Hong Kong's young people spend 1 hour to less than two hours on exercising each week. This is also the option selected by most of the respondents. However, these young people only exercise for an average of ten or so minutes per day. The amount of exercise reported is seriously insufficient. Moreover, only 23% of young people spend 2 hours or more per week on exercise. This accounts for less than a quarter of the respondents. More than 10% of young people do not exercise at all.
Conclusion	In summary, the data reflects that only a small number of young people in Hong Kong would have regular exercise. They do not spend enough time exercising, thus creating hidden risks to their health.

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Suggested answer:

- **Work and academic factors:** Hong Kong's young people generally face problems such as heavy school work, long working hours, high level of stress, etc. Insufficient spare time and tiredness after school and work reduce their willingness to exercise. Moreover, many young people in Hong Kong work in offices. This further reduces the chance for them to move around as well as the opportunity and desire to exercise. They lack the time and physical fitness to exercise.
- **Slow development of sports policies:** The lack of government's attention to sports, coupled with insufficient sports facilities, makes it difficult for young people in Hong Kong to build a habit of regular exercise. Furthermore, due to slow development of sports policies and lack of publicity, it is difficult to convince the young generation to do more

exercise.

- **Unhealthy eating habits:** Hong Kong people are often very busy with work, and many young people like to eat out. They especially like fast food, which leads to problems such as obesity, and the excessive intake of MSG also affects heart health. Poor eating habits affect the health of young people in Hong Kong and reduce their desire to do exercise, indirectly contributing to their lack of exercise.
- **Or any reasonable answer.**