**Performance Standard**

**Form 1**

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| Learning outcomes | Able to write an informal letter using the correct format and with appropriate grammar |
| Band | 4 |
| Performance standard | B4Apply to acquired knowledge in a variety situations using some appropriate language convention. |
| Descriptor | B4DT1Writing an informal letter |
| Evidence | B4DT1E1Able to write an informal letter using the correct format and with appropriate grammar |

STUDENT ‘S COPY

B4DT1E1

 Write an informal letter to your friend who has been sick lately informing her about how to take care of her/his health.

\* use the notes given:

 Three ways to take care of our health:

1. Exercise regularly- play games – at least walk- whenever possible
2. Take a balanced diet - the five groups of food – drink 8 glasses of water
3. Get enough rest - sleep between six to eight hours – avoid feeling tired – relief from study stress- for students

When writing your letter , remember to

\* use correct format

\* use appropriate grammar.

\* make sure it is not less than 100 words.

TEACHER’S COPY

B4DT1E1

 19, Jalan Intan,

 21080 Kuantan,

 Pahang.

 22 FEBRUARY 2012

Dear Chooi Sim,

 Your letter was a pleasant surprise. Thank you. How is life in your hostel? Sorry to hear that you have been sick lately.

 Last Saturday, Dr. Zulkifli gave a talk on “How to take care of your health’’. He firstly told us to eat right by taking more fruits, nuts beans and vegetables. We must also make sure we drink at least eight glasses of water every day. So are you eating the right food?

 He hopes we play a lot of games and take part in sports. We have to exercise to be healthy. We should exercise daily. We don’t need to play games everyday .You can walk in the park instead. In fact, walking is a very good exercise.

 Besides, we all enjoy eating, but be careful. Watch out any food we eat. Eating too much is not good for your health. You will put on weight. People who are too fat are more likely to have heart problems and other serious diseases.

 He also advises us to have enough sleep. It is very important because during sleep our bodies get a chance to rest. If you don’t have enough sleep, you will feel tired the next day. So, take care of yourself. I hope we will meet again next time. Best of luck in your English test, bye.

 Yours sincerely,

Kalsom

*(Note for teachers: This is a sample letter. Students may write shorter than this one)*

(Refer to FORM ONE text book page 29)