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**Education Bureau**  
**Territory-wide System Assessment 2026**  
**Secondary 3 English Language**  
**Reading**  
**Question Booklet**

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Instructions:

1. There are 16 pages in this Question Booklet.
2. Time allowed is 35 minutes.
3. Do not write anything in this Question Booklet.
4. **Answer all questions in the Answer Booklet provided.**

## Part 1

Form 3 students are working on a project about different ways to relax and relieve stress. Your class teacher has asked you to read the leaflet to help you prepare for the project.

Read the leaflet and answer the questions.

# Forest Bathing: Discovering the Power of Nature



## What is forest bathing?

❶ Forest bathing comes from a Japanese tradition of spending quiet time in nature. A trained guide leads you through gentle activities designed to encourage sensory exploration in a forest. Unlike hiking, which is about reaching a destination, forest bathing focuses on noticing the sights, sounds, smells, tastes and textures around you. It is not a form of physical exercise but a calming experience that helps reduce stress and promote relaxation.

## Key benefits of forest bathing

### Supporting physical health

❷ Forest bathing has powerful effects on human health. Some trees release phytoncides, special compounds that can strengthen the immune system. Spending time in nature also helps regulate the body's sleep cycle, leading to better rest. In fact, gentle movement in nature is an effective treatment for health issues caused by a sedentary lifestyle. The heart, lungs and muscles all benefit from outdoor activities.



### Promoting mental wellbeing

❸ Forest bathing also promotes mental and emotional wellness. People who experience anxiety often find that it calms their nervous system by shifting their focus from their worries to the natural surroundings. People living in cities often face high stress levels, noise pollution and a fast-paced lifestyle. If you want to escape everyday stress, forest bathing offers a valuable opportunity to connect with nature and support your wellbeing.



## Strengthening relationships

④ Forest bathing has shown positive effects across all age groups, from children to the elderly. When practised with family or friends, it helps build deep connections and meaningful relationships. It is a beautiful way to nurture love for oneself, for others and for nature.



## Ways to practise forest bathing

⑤ Making friends with trees is simple. First, put your electronic devices into your backpack. Then, walk slowly and breathe deeply. Next, use all your senses to connect with nature:

- listen to the birds chirping
- feel the rough texture of tree bark
- smell the earthy woodland scents
- observe the sunlight filtering through the leaves

Finally, offer a small gift to a tree – perhaps a beautiful flower you have found along the way or a heartfelt ‘thank you’. For best results, spend at least two hours a week forest bathing.

## Forest bathing near you

⑥ Not everyone has easy access to a forest. For many city residents, reaching the woods requires travelling some distance. However, nature is often around us. You can enjoy forest bathing in any nearby green spaces. Use your senses to discover things in your surroundings that bring you peace and happiness.

Choose the best answer and blacken the circle in the Answer Booklet.

1. Forest bathing refers to \_\_\_\_\_.

- A. a form of physical exercise
- B. having a bath in a forest
- C. relaxing among trees
- D. travelling to Japan

2. Forest bathing encourages sensory exploration in a forest. 'Sensory exploration' in paragraph 1 refers to \_\_\_\_\_.

1.



2.



3.



4.



- A. 1 and 2
- B. 1, 3 and 4
- C. 2, 3 and 4
- D. All of the above

3. According to paragraph 1, hiking focuses on \_\_\_\_\_ while forest bathing focuses on \_\_\_\_\_.

- 1. following the Japanese tradition
- 2. reaching a destination
- 3. a calming experience
- 4. guided training

- A. 1 and 3
- B. 1 and 4
- C. 2 and 3
- D. 2 and 4

4. Phytoncides released from trees can \_\_\_\_\_.

- A. boost the immune system
- B. improve sleep quality
- C. regulate the sleep cycle
- D. strengthen the lungs

5. A sedentary lifestyle can lead to health issues. ‘Sedentary’ in paragraph 2 means having \_\_\_\_\_.
- A. limited rest
  - B. little physical activity
  - C. many outdoor activities
  - D. sleep problems
6. People who experience anxiety find forest bathing helpful as it allows them to forget about their \_\_\_\_\_ for a while.
- A. lifestyles
  - B. surroundings
  - C. wellness
  - D. worries
7. Forest bathing is suitable for \_\_\_\_\_.
- |              |                |
|--------------|----------------|
| 1. adults    | 2. children    |
| 3. teenagers | 4. the elderly |
- A. 2 only
  - B. 2 and 4
  - C. 1, 3 and 4
  - D. All of the above
8. Benefits of practising forest bathing include \_\_\_\_\_.
- |   |                              |
|---|------------------------------|
| 1. deepening the connection with nature | 2. enhancing mental wellness |
| 3. improving physical health            | 4. reducing noise pollution  |
- A. 1 and 3
  - B. 2 and 4
  - C. 1, 2 and 3
  - D. All of the above

9. Practising forest bathing involves a few simple steps. Put the following in the correct order.

1.



2.



3.



4.



- A. 1→2→3→4
- B. 1→2→4→3
- C. 2→1→4→3
- D. 2→4→3→1

10. Look at the word 'access' in paragraph 6. The meaning that best corresponds to it is \_\_\_\_\_.

- A. (n) the right to use or look at something  
*Hackers had complete access to the company files.*
- B. (n) a way of entering or reaching a place  
*I lived deep in the country, without easy access to shops.*
- C. (v) to find information, especially on a computer  
*Users can access their voice mail remotely.*
- D. (v) to be able to use something  
*Many customers now access their accounts using the Internet.*

11. A city resident can practise forest bathing \_\_\_\_\_.

- A. in a park
- B. in a shopping mall
- C. on a beach
- D. on a train

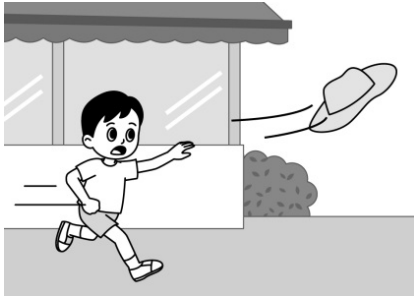
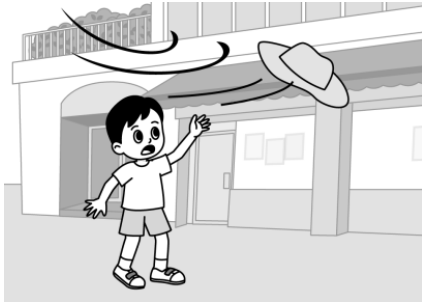
12. The next section of the leaflet will most likely consist of \_\_\_\_\_.

- A. experience sharing on relaxation in nature
- B. ways to cope with high stress levels at school
- C. information on special compounds released from trees
- D. tree planting methods and techniques

## Part 2

*You are going to write a diary entry about a strange event. Your English teacher has given you a poem to help you get started.*

Read the poem and answer the questions.



### While Walking Down the Street Today

While walking down the street today,  
my hat blew off and flew away.  
I chased it down the avenue  
but couldn't catch it. On it flew.

I chased that hat across a bridge,  
then up along a rocky ridge,  
then through a park and past a school,  
and all around a swimming pool,  
beside a creek and up a hill,  
and on and on and on until...  
it suddenly came to a stop!

It fell and landed right on top  
of someone. It was my friend Jim.  
He smiled at me. I smiled at him.  
It felt so good to see his smile.  
We stayed and chatted for a while.  
We had so many things to say.  
I'm glad my hat blew off today.

Choose the best answer and blacken the circle in the Answer Booklet.

**Stanza One**

1. It was \_\_\_\_\_ while the poet was walking down the street.  
A. foggy  
B. rainy  
C. sunny  
D. windy
  
2. The poet chased the hat down the avenue. 'Avenue' here means the \_\_\_\_\_.  
A. bridge  
B. hill  
C. road  
D. park

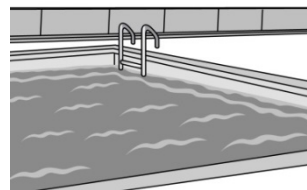
**Stanza Two**

3. Alliteration occurs when two or more words in a phrase or sentence begin with the same sound. It is used in '\_\_\_\_\_'.  
A. a rocky ridge  
B. beside a creek  
C. chased that hat  
D. up a hill
  
4. The poet visited many places while chasing his hat. Put the following places in the correct order.

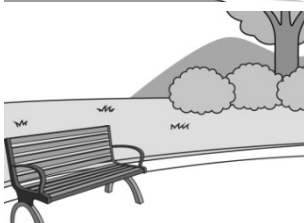
1.



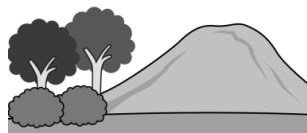
2.



3.



4.



- A. 1→3→2→4
- B. 1→4→3→2
- C. 3→2→4→1
- D. 3→4→1→2

5. The word that rhymes with 'school' is \_\_\_\_\_.
- A. bridge
  - B. park
  - C. pool
  - D. stop

**Stanza Three**

6. The poet felt \_\_\_\_\_ when he saw where his hat had landed.
- A. angry
  - B. calm
  - C. frightened
  - D. happy
7. The word that rhymes with 'smile' is \_\_\_\_\_.
- A. blew
  - B. say
  - C. top
  - D. while

**Stanzas One to Three**

8. The poem is called 'While Walking Down the Street Today'. Another title could be '\_\_\_\_\_':
- A. A New Hat
  - B. An Unpleasant Surprise
  - C. My Hat Brought Me to My Friend
  - D. While We Smile

### Part 3

*Your class is preparing for a science competition. Your science teacher has given you the Hong Kong Youth Science Competition information sheet as well as a sample experiment report.*

Read the information sheet and sample experiment report and answer the questions.

#### Information Sheet

### The Hong Kong Youth Science Competition: Everyday Science, Extraordinary Discoveries



The Hong Kong Youth Science Competition is open for all secondary school students in Hong Kong between the ages of 12 and 17. The theme this year is about discovering science in our daily lives. You are invited to exchange and practise your scientific knowledge through hands-on experiments using everyday household items.

#### Application Forms

- Application forms can be:
  - i. obtained from the Hong Kong Science Museum in Tsim Sha Tsui or the Hong Kong Science Council in Wan Chai; or
  - ii. downloaded from the Hong Kong Youth Science Competition website: [www.hkysc2026.com.hk](http://www.hkysc2026.com.hk)
- Submit your application form through our website by 30<sup>th</sup> May 2026.

#### Rules and Regulations

- i. Each school can nominate a team of up to five students.
- ii. Make sure your experiment is safe and ask an adult for help if needed.
- iii. Film your experiment and submit a video no longer than 20 minutes.
- iv. Write a report that includes the sections below:
  - hypothesis (what you predicted)
  - materials (what you needed)
  - procedure (what you did)
  - results (what happened)
  - conclusion (what you learnt)
- v. The top four teams will enter the final round. Be ready to answer questions from the judges.
- vi. All entries must be submitted through our website by 29<sup>th</sup> August 2026.

#### Awards

- i. The winning team will get a trophy and a cash prize worth HK\$5,000.
- ii. The winning team will be sponsored to participate in an overseas science exchange programme.

## Sample Experiment Report

### Making Ink from Vegetables

#### Hypothesis:

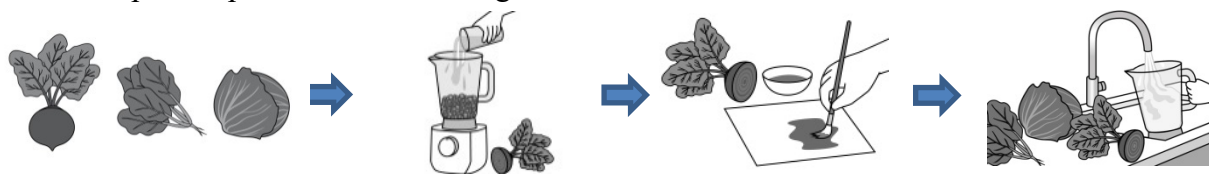
Vegetables contain pigments that can be used to make natural and colourful ink for writing or drawing.

#### Materials:

beetroot, spinach, red cabbage, lemon juice, baking soda, water, a knife, a blender, paper, a bowl and brushes

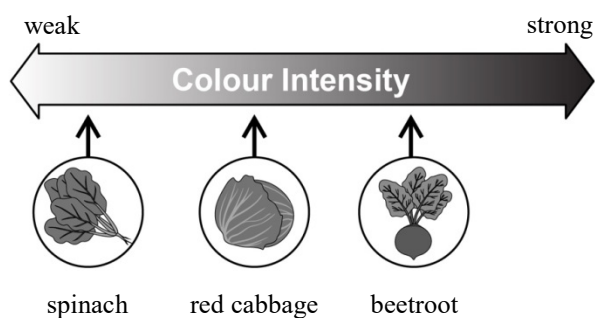
#### Procedure:

1. Keep each vegetable separate.
2. Cut one of the vegetables into small pieces.
3. Put the pieces into a blender with a small amount of water.
4. Test the vegetable ink on paper.
5. Wash the blender.
6. Repeat steps 2 to 5 for other vegetables.

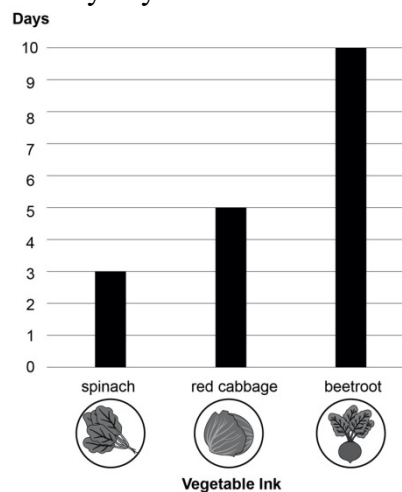


#### Results:

1. Which vegetable ink gave the strongest colour on Day 1?



2. How many days could the colours last?



3. How did the colour of red cabbage juice change after adding lemon juice or baking soda?
  - Red cabbage juice turned from purple to red when lemon juice was added to it.
  - Red cabbage juice turned blue when baking soda was added to it.

#### Conclusion:

Vegetable juices can be used as natural ink. Beetroot juice works best for clear, lasting colour. Lemon juice and baking soda can be used to change the colour of red cabbage juice. Spinach juice is not very suitable to be used as ink.

Choose the best answer and blacken the circle in the Answer Booklet.

### Information Sheet

1. The theme of the Hong Kong Youth Science Competition this year focuses on \_\_\_\_\_.
  - A. exchanging scientific knowledge
  - B. demonstrating experiments
  - C. learning about everyday science
  - D. making science education fun
  
2. Students who enter the competition must be \_\_\_\_\_.
  - A. attending a secondary school in Hong Kong
  - B. a member of the Hong Kong Science Council
  - C. interested in household items
  - D. over 17 years old
  
3. The application forms of the Hong Kong Youth Science Competition can be obtained from the \_\_\_\_\_.
  1. Hong Kong Science Museum
  2. Hong Kong Science Council
  3. school website
  4. Hong Kong Youth Science Competition website
  - A. 1 and 2
  - B. 3 and 4
  - C. 1, 2 and 4
  - D. All of the above
  
4. The deadline for submitting the application form is \_\_\_\_\_.
  - A. 12<sup>th</sup> May 2026
  - B. 30<sup>th</sup> May 2026
  - C. 15<sup>th</sup> August 2026
  - D. 29<sup>th</sup> August 2026
  
5. Videos presenting the recorded experiments should be within \_\_\_\_\_ minutes.
  - A. 17
  - B. 20
  - C. 25
  - D. 30

6. All entries must be submitted online. 'Entries' here refers to the \_\_\_\_\_.
- A. application forms
  - B. answers to the judges' questions
  - C. experiment videos and reports
  - D. trophy and cash prize
7. The winning team will \_\_\_\_\_.
- A. get a medal and a certificate
  - B. go on a trip to an international science fair
  - C. join an overseas science exchange programme
  - D. win a cash prize of HK\$4,000

### Sample Experiment Report

8. Vegetables contain pigments. 'Pigments' here refers to \_\_\_\_\_.
- A. colours
  - B. flavours
  - C. juices
  - D. roots
9. In the experiment, a \_\_\_\_\_ is used to make juice from the vegetables.
- A. blender
  - B. bowl
  - C. brush
  - D. knife
10. Step 5 of the sample experiment is important because it helps \_\_\_\_\_.
- A. make the colours of the vegetable juices stronger
  - B. make the colours of the vegetable juices last longer
  - C. mix colours from vegetable juices
  - D. prevent colours of the vegetable juices from mixing
11. The ink made from \_\_\_\_\_ gave the strongest colour.
- A. beetroot
  - B. lemon juice
  - C. red cabbage
  - D. spinach

12. The ink made from red cabbage lasted \_\_\_\_\_ than that from spinach and/but \_\_\_\_\_ than that from beetroot.
- A. longer / longer
  - B. longer / shorter
  - C. shorter / longer
  - D. shorter / shorter
13. Spinach is the least suitable for use as ink because its juice gives a \_\_\_\_\_ colour and/but the colour fades \_\_\_\_\_.
- A. strong / slowly
  - B. strong / quickly
  - C. weak / slowly
  - D. weak / quickly
14. What colour can you observe when baking soda is added to red cabbage juice?
- A. blue
  - B. green
  - C. red
  - D. purple
15. The sample experiment is best carried out in a \_\_\_\_\_.
- A. household store
  - B. garden
  - C. kitchen
  - D. market
16. The sample experiment report is most likely to be found in a \_\_\_\_\_.
- A. geography textbook
  - B. news report
  - C. recipe
  - D. science magazine

**END OF PAPER**

**Do not write on this page.**

**Answers written on this page will not be marked.**

