

**Part 2: Continuous Writing (36 marks)**

Write a composition of at least 150 words about kicking a bad habit.  
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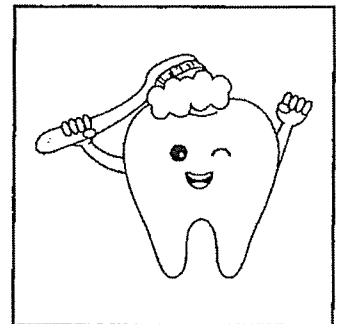
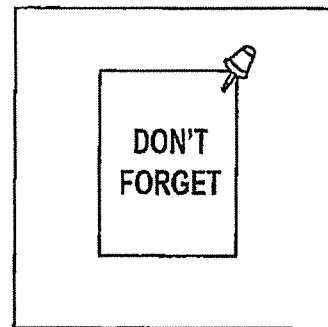
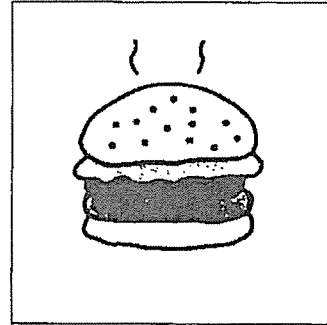
The pictures are provided to help you think about the topic.

Your composition should be based on one or more of these pictures.

Consider the following points when you plan your composition:

- What was the bad habit?
- What did you do to kick the bad habit?

You may use the points in any order and include other relevant points as well.



**END OF PAPER**

## Kicking My Bad Habit: Forgetting to Brush My Teeth

One of my biggest challenges was kicking my bad habit of forgetting to brush my teeth at night. I would often get so busy playing video games or watching TV that I would skip it. My mom always reminded me, but I made excuses like, "I'll do it later!" Soon, I realized skipping brushing made my teeth feel unclear, and I didn't want to have cavities.

To kick this bad habit, I decided to create a reminder. I made a colourful sign that said "Don't Forget to Brush!" and stuck it on my bedroom door. Every time I walked out, it reminded me to brush my teeth. I also set an alarm on my phone for a specific time each night.

After a few weeks, I got into the routine. Now, I happily brush my teeth before bed, and my mouth feels fresh! Kicking this habit was a big achievement for me, and it taught me the importance of taking care of my health.

## Kicking My Bad Habit: Eating Too Many Hamburgers

A bad habit I struggled with was eating too many hamburgers. I loved the taste of juicy burgers loaded with cheese and ketchup. Every time my family ordered takeout or went to a restaurant, I would choose a hamburger. Soon, I noticed I wasn't feeling as healthy as I used to, and my clothes were a bit tighter.

I decided it was time to kick this habit and eat better. First, I made a colourful sign that said "Don't Forget: Choose Veggies!" and hung it on the fridge. This reminded me to think about my choices before grabbing a burger. I also started trying new foods like salads, fruits, and grilled chicken, which my parents helped me prepare.

After a few weeks, I was proud to say I replaced hamburgers with healthier options. I felt more energetic and confident! Kicking this bad habit taught me how important it is to make better choices for my health and well-being.