

Book Title: British Life

Author: Anne Collins

Publisher: Pearson Education Limited

Synopsis / Summary:

‘British Life’ talks about the life of British people, such as their eating habits, weekend activities, sports, holidays, evening out and history. This book has taught me something about Britain and the people there. It is interesting.

‘The British and Food’ is the part I like the most because it has got the recipe for making scones. Scones are a popular and traditional part of British afternoon tea. They are served with a cup of tea or coffee.

Personal Reflection:

From the book ‘British Life’, I have learnt more about the life of British people. They are trying to do something to get rid of stress. Hong Kong people are all busy with their work and they have a lot of stress, but they are not going to do anything for it. If they have too much stress, they may get unhappy, angry and sick easily. So, I think Hong Kong people should try to do something to relax themselves, like the British people. For example, they can do exercises because it can make them feel happy and less stressful. Also they can go shopping because it can make them feel more confident and happy.

I encourage all Hong Kong people to do something to relax themselves and get rid of their stress, so they can have a better performance on their work.