

Writing an Essay to Give Solutions to a Problem

Introduction (describe the problem): ___ am a little overweight ___ ___ need to something to lose weight ___

Give possible solutions for the problem with reasons and examples.

Reason 1: ___ need to eat healthy _____

Examples: I need to more vegetables and _____ some good vegetables that ___ can eat are carrots, broccoli, spinach, lettuce, etc. ___ome healthy fruits that ___ can eat are bananas, oranges, apples, pineapple, and peaches ___

Reason 2: ___ need to do more exercise ___

Examples: I need to do exercise at least one hour a day ___ ___ could walk around the park ___ riding my bike is another _____ option ___

Reason 3: ___ need to stop eating unhealthy food ___

Examples: ___nhealthy food is an important reason why _____ gain weight ___
___ here are _____ kinds of food that I need to stop eating: _____, fats & oils, and carbohydrates (pasta, bread, cookies, cakes, pies) ___