Writing an Essay to Give Solutions to a Problem

Introduction (describe the problem): (i / I) am a little overweight (. / ;) (i / I) need to something to lose weight (. / ,)

Give possible solutions for the problem with reasons and examples.

Reason 1: (i / I) need to eat healthy (fud / food) (. / ,)

Examples: I need to more vegetables and (frutes / fruits) (. / ,) (s / S)ome good vegetables that (i / I) can eat are carrots, broccoli, spinach, lettuce, etc. (s / S)ome healthy fruits that (i / I) can eat are bananas, oranges, apples, pineapple, and peaches (./?)

Reason 2: (i / I) need to do more exercise (. / -)

Examples: I need to do exercise at least one hour a day (. / ?) (i / I) could walk around the park (. / ") __iding my bike is another _____ option (. / ¡)

Reason 3: (i / I) need to stop eating unhealthy food (. / ?)

Examples: (u / U)nhealthy food is an important reason why (people / people) gain weight (. / :)

(t / T)here are (gud / good) kinds of food that I need to stop eating: (shugar / sugar), fats & oils, and carbohydrates (pasta, bread, cookies, cakes, pies) (. / ")

LIVEWORKSHEETS