Unit 8: **IMAGE**

Model answer: Write A letter giving advice

Dear _____,

I've just got your letter and I was sorry to hear that you've got a _____ problem. I bet the problem isn't as bad as it seems, though! In any case, there are lots of things you can do to lose weight. So, here are some _____ to help you deal with your weight problem.

First, maybe you should eat a _____ diet. This means you need to _____ your intake of fruits and vegetables and _____ on fatty foods altogether as well as junk food and sweets. However, you shouldn't cut out meat and carbohydrates, do take them in _____ quantities. If you do this, you'll soon _____ weight and you'll look and feel much healthier, too.

Another thing that you can do is, you could also lead a more _____ lifestyle for example walk or _____ whenever possible rather than going by car or bus. That way you'll burn _____ and get your body back in shape at the same time. I know it's hard to do at first, but believe me, it will work!

I hope I've been of some help to you. Good luck and don't forget to let me know how everything turn out.

All the best,

_____

increase	healthy	weight
cycle	Afan	balanced
suggestions	Agnes	smaller
reduce	cut	calories

LIVEWORKSHEETS