Name: _____ Date: _____

Guided Writing

Use the questions below to help you plan your essay. Write about a healthy lifestyle.

- What steps do we need to take to have a healthy lifestyle?

  _____

  _____

- How do we maintain having a balanced diet?

  _____

  _____

- Do we need to eat fruit and vegetables? Why?

  _____

  _____

- Should we exercise regularly?

  _____

- What are the benefits of exercising?

  _____

  _____

- How many hours of sleep do we need?

  _____

- Is junk food good or bad for our body? Why?

  _____

  _____

- How many glasses of water do we need daily?

  _____

LIVEWORKSHEETS

Name: _____ Date: _____

Now, try to use all these points and write an essay about a healthy lifestyle.

LIVEWORKSHEETS