Lesson E Writing

A Unscramble the sentences. Then, add the correct commas (,) if necessary.

1. take the stairs / for / and not / example / the elevator
   Get active; for example, take the stairs and not the elevator _____.
2. such as / often / coffee and tea / hot drinks / have / for breakfast
   People _____.
3. two to three liters / a lot of / for / every day / water / example
   Drink _____.
4. a good / are / snack / of / a healthy / example
   Granola bars _____.
5. unhealthy food / eat / candy / like / or ice cream
   I don't normally _____.
6. a team sport / example / is / a good / of
   Basketball _____.

B Match the phrases to make sentences.

1. Cakes and soda are good _____
2. Prepare food with more vegetables; _____
3. Vegetables, such _____
4. Foods like _____
5. Chicken is a good _____
6. The shape of foods like _____

a. for example, soups and salads.
b. examples of unhealthy foods.
c. carrots and onions is not always perfect.
d. yogurt and cheese are dairy.
e. as carrots and broccoli, are very good for you.
f. example of a food with a lot of protein.

C Make a list of what you do to start the day well. Add an example for each idea.

How to start the day well	Example
1. Get up early	
2.	
3.	
4.	
5.	
6.	

D Use your ideas in **C** to write a How to Start the Day Well blog in your notebook. Use the phrases for giving examples from the box in your text. Check your punctuation.

for example is/are a good example of like such as

LIVEWORKSHEETS