Writing: Linking Words/Phrases

Essay 1: Rubbish & Government Action

*Read the essay and choose **one linking word or phrase** for each blank (1–11). Select from the A / B / C options in the table that follows.*

These days many homes throw away more rubbish than ever. **(1)** _____ the biggest reasons are our "buy and throw" lifestyle **(2)** _____ the extra wrapping around almost every product. Governments can fight the waste crisis by charging families for extra garbage and by pushing factories to use lighter packing.

(3) _____ people buy new things too often. Easy online shopping and low prices tempt them to replace clothes, phones and toys long before the old ones break. **(4)** _____ the old items end up in the bin. **(5)** _____, a study in Canada showed that families threw away more than one million working smart phones in 2022 simply because they wanted the newest model.

(6) _____ packaging adds another mountain of trash. Shops want goods to look safe and colourful, so they cover them with plastic, bubble wrap and thick boxes. **(7)** _____, all of this material goes straight to landfill after one use. Governments can set pay-by-weight rules so households pay a small fee for every extra kilogram of rubbish. **(8)** _____ people must pay, they quickly think before they buy. **(9)** _____, new laws can tell companies to design thin packages that can be recycled.

(10) _____ rising rubbish comes from quick shopping habits and heavy packaging. **(11)** _____, clear limits on household waste and smarter rules for factories can help every city keep cleaner streets.

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Writing: Linking Words/Phrases

Essay 2: Late-Night Phone Use and Teen Sleep

Many teenagers scroll through their phones long after bedtime. **(1)** _____ this late habit is becoming common, it already harms youth in two ways: it shortens sleep **(2)**_____ it weakens next-day focus; governments can tackle both problems through school rules and public campaigns.

(3)_____ blue light from screens tells the brain to stay awake. Phones buzz with messages, and teens feel pressure to reply. **(4)**_____ they check social apps at midnight, their body clock shifts later and later. **(5)**_____ a recent study in Australia found that pupils who stare at a bright screen after eleven p.m. sleep one hour less than classmates who switch off earlier.

(6)_____ public action can ease the crisis. Education ministries could ask schools to collect phones during evening study sessions. **(7)**_____ students know devices are out of reach, they finish homework and wind down sooner. **(8)**_____ health departments can run social-media adverts that praise "screen-free bedrooms." **(9)**_____ Norway's Quiet Night campaign cut teen screen time after ten p.m. by twenty percent within a year.

(10)_____ late-night phone use shortens sleep and drains daytime attention, simple policies can reverse the trend. **(11)**_____ stricter school rules join forces with nationwide reminders, teenagers stand a far better chance of waking refreshed.

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