

## Writing an Essay to Give Solutions to a Problem

**Introduction (describe the problem):** I am a little overweight. I need to do something to lose weight.

**Give possible solutions for the problem with reasons and examples.**

**Reason 1:** I need to eat healthy.

**Examples:** I need to eat more vegetables and fruits. Some good vegetables that I can eat are carrots, broccoli, spinach, lettuce, etc. Some healthy fruits that I can eat are bananas, oranges, apples, pineapple, and peaches.

**Reason 2:** I need to do more exercise.

**Examples:** I need to do exercise at least one hour a day. I could walk around the park. Riding my bike is another option.

**Reason 3:** I need to stop eating unhealthy food.

**Examples:** Unhealthy food is an important reason why I gain weight.

There are kinds of food that I need to stop eating: fats & oils, and carbohydrates (pasta, bread, cookies, cakes, pies).