

Read the test task and the model answer. A teacher has underlined the problem areas and written comments. Write the corrections below.

Many health problems in adults such as obesity and heart disease can be linked to poor diet. Research shows that it is important to encourage healthy eating patterns at an early age in order to avoid ill-health as an adult.

What action can be taken to encourage children to eat more healthily?

1 To educate our children about healthy eating and physical exercise is important. Children need to learn what to eat and 2 children need to experience eating a wider variety of foods.

Packed lunches which are produced by the same person every day tend to contain the same food items every day too and also 3 these foods tend not to be the healthy option. Very often the contents of children's lunch boxes are crisps, sweets and biscuits.

In order to prevent the problems associated with poor diet, such as obesity and heart disease in adulthood, parents need to encourage their children to eat a greater variety of healthier foods. 4 The lack of experience of eating different kinds of foods often leads to poor diet in adults. Experiencing a wider variety of foods can lead to a more rounded and nutritious diet and 5 experiencing a wider variety of foods can therefore lead to better health.

6 To provide support and help to parents is important. One way to do this is to implement a system whereby all children get the same food. 7 No child would feel ashamed or embarrassed by the contents of their lunch boxes with this system. Although difficult to achieve, this would control the foods that all children ate, thereby ensuring a healthy diet. 8 Eating a healthy diet as a child undoubtedly has a huge influence on how healthy we are as adults.

1 grammar problem

2 avoid repetition

3 avoid repetition

4 add emphasis

5 avoid repetition

6 grammar problem

7 try starting with
"This system ..."

8 avoid repetition

1 It is important to educate our children about healthy eating and physical exercise.

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