Develop your writing skills: using connectors and cohesive devices

1 Write a word from the box in each gap.

also ■ however ■ too ■ yet

1 The diet industry needs people to try to lose weight. _____ , it is vital that they do not succeed.

2 Some people have a great appetite and _____ they never put on weight.

3 Not only is too much sugar bad for the teeth, but it _____ puts a strain on the liver.

4 Children should have more fibre in their diet, and many require supplementary vitamins and minerals _____ .

2 Match.

1 People have high levels of cholesterol because ___
2 Dieters often don't lose weight despite ___
3 Only eat fruit and vegetables in season so ___
4 Healthy food has a reputation for being tasteless, ___

a practically starving themselves.
b although it is not deserved.
c that they are as fresh and natural as possible.
d they eat too much fatty food.

3 Choose the **two** correct words or phrases to complete each sentence.

1 A person suffering from obesity usually wants help. **Moreover / Nonetheless / Furthermore**, they don't have many other options.
2 There is an advertisement for junk food during most commercial breaks. **Hence / Thus / Still**, escaping temptation is rather difficult.
3 Somebody with a slow metabolism can't shed weight very easily. **Whatsoever / Nevertheless / In spite of this**, with persistence they can achieve their goal.
4 A doctor warned her about being overweight. **Consequently / Notwithstanding / Accordingly**, she went on a diet.
5 You might want to increase your citrus fruit intake to get more vitamin C. **Conversely / Equally / Alternatively**, you can try green leafy vegetables.

4 Complete the second sentence so it has a similar meaning to the first. Write no more than four words in each gap.

1 Although some resent the government interfering in their kitchen, it is the state that ultimately pays the health costs of obesity.

Despite _____ of the government interfering in their kitchen, it is the state that ultimately pays the health costs of obesity.

2 However hard he tries, he doesn't seem able to lose weight.

No matter _____ , he doesn't seem able to lose weight.

3 The overweight have mobility issues and are also prone to conditions like diabetes.

The overweight are prone to conditions like diabetes, _____ mobility issues.

4 His balanced diet is the reason for his losing weight successfully.

He is losing weight successfully due _____ he is following a balanced diet.

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5 Write a word or phrase from the box on each line to replace the word in bold.

alternatively ■ conversely ■ for instance ■ furthermore ■ however ■ that is ■ therefore

1 Food labels are often misleading or confusing. **For that reason**, it is better to prepare your own food. _____

2 There is no doubt that convenience food has led to unhealthy eating habits. **As well as that**, we are slowly forgetting how to cook. _____

3 We think of low-fat food as being more unhealthy, which is untrue. **On the contrary**, such foods are often packed with sugar. _____

4 There is certainly some hysteria surrounding food scares. **Having said that**, consumer paranoia is all too often proved right. _____

5 Fast food puts a strain on our organs and fails to provide us with the nutrients we need. **In other words**, it is killing us. _____

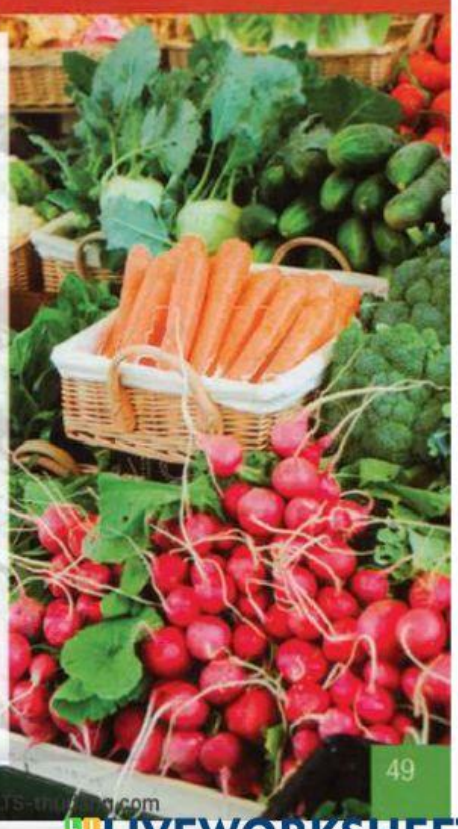
6 Gerry could join a weight loss club. **As an alternative option**, he could buy some exercise equipment. _____

7 An obese person cannot just start high-intensity exercises. Gentle activities are the best way to begin, **such as** short walks. _____

6 Write a word from the box in each gap.

first ■ former ■ latter ■ making ■ more ■ on ■ one ■ otherwise ■ since ■ so ■ such ■ them ■ though ■ which ■ whose

Michael Pollan's *Cooked*



Every few months it seems, a new diet craze sweeps the western world. Whether (1) _____ a diet is low-fat, low-carb, no-carb or something else, one thing is for sure; none of (2) _____ work. If they did, everyone would be healthy and thin by now, (3) _____ clearly isn't the case.

Enter Michael Pollan, (4) _____ book, *In Defense of Food: An Eater's Manifesto*, cut through all the chatter a few years ago. In that book were seven precious words of advice: 'Eat food. Not too much. Mostly plants.' Now, with his new (5) _____, *Cooked*, his slogan has gained three (6) _____: cook it yourself. In the (7) _____ book, he complained about the increasingly synthetic nature of food; in the (8) _____, he wants us to understand that a meal is more than the sum of its parts. In (9) _____ a loaf of bread, a sauce, a meal, we are solving many of society's problems – nutritional or (10) _____ – in one stroke. (11) _____, we are choosing what goes into our food, instead of a food scientist in a lab doing (12) _____. Next, we are increasing the quality of what goes in, (13) _____ we're unlikely to get the cheapest ingredients and jazz them up with sugar, salt and so (14) _____. Thirdly, we're in control of our food choices and can buy local, fair trade or even grow it in our gardens.

The rise of obesity and diabetes in the west has been linked with convenience foods by many experts. (15) _____ it sounds paradoxical, we started to put on weight the minute we stopped cooking.

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