

## Lesson 7 Writing

1 Look at the letter to Dr Orlov on page 63.  
Answer the questions.

1 How does the letter start? \_\_\_\_\_

2 How does the letter end? \_\_\_\_\_

2 Read and complete the letter.

My name is Nadia. Next month, I've got a swimming competition. I want to be very fit. What should I do? Thank you for your help.

LIVEWORKSHEETS

3

Write Dr Orlov's letter to Nadia.

Use the plan to help you. **Be a star!** 

Paragraph 1

Say *Thank you*

Paragraph 2

Be active

Paragraph 3

Get enough sleep

Paragraph 4

Eat well



\_\_\_\_\_,

\_\_\_\_\_, for your letter.

First, it's important to \_\_\_\_\_. You need to

\_\_\_\_\_. You can \_\_\_\_\_.

You also need to \_\_\_\_\_. You should

\_\_\_\_\_.

Finally, it's important to \_\_\_\_\_ because

\_\_\_\_\_. You must \_\_\_\_\_.

\_\_\_\_\_,  
Dr Orlov