

Writing an Essay to Give Solutions to a Problem

Introduction (describe the problem): __ am a little overweight __ __ need to something to lose weight __

Give possible solutions for the problem with reasons and examples.

Reason 1: __ need to eat healthy _____

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

Reason 2: __ need to do more exercise __

Examples: I need to do exercise at least one hour a day __ __ could walk around the park __ riding my bike is another _____ option __

Reason 3: __ need to stop eating unhealthy food __

Examples: unhealthy food is an important reason why _____ gain weight __ here are _____ kinds of food that I need to stop eating: _____, fats & oils, and carbohydrates (pasta, bread, cookies, cakes, pies) __