

## An opinion essay: content and language

### CONTENT

#### 1. Read the task below and answer the questions.

*Some people think that the school curriculum should include subjects such as 'leading a healthy lifestyle'. Do you agree?*

*Write an essay in which you give your own opinion. Say why it's important or not to educate students on the issue, and propose ways in which the subject might be approached.*

#### a) How many elements are there to cover?

One

Two

Three

Four

#### b) Select the elements that should be included in the essay.

List reasons why students should know how to lead a healthy lifestyle

The best way for students to have a healthier life

How students can learn to have a healthier lifestyle

How students can lead a healthier lifestyle

Your opinion on the matter



Make sure to always cover the elements requested in the instructions.

**2. Read the essay below. Do you agree with the writer?**

[A] According to recent reports in the press, many teenagers are overweight and unfit. Some people argue that teaching children at school about a healthy lifestyle would help to solve this problem. But would it?

[B] As I see it, it would be very sensible to teach students how to lead a healthy lifestyle. Health problems later in life often start because people are used to having bad habits during their teenage years. Although it is sometimes said that this is the responsibility of the parents and not the educational institutions, in my view, everyone in society would benefit from learning healthy habits at school.

[C] In order to tackle this problem, children should be taught about the benefits of looking after their bodies and minds. This could be done if, for example, health-related contents are part of the syllabus of each subject and if the activities done in the classroom are aimed toward the development of healthy habits. Moreover, I suggest that a new subject may be included in school curricula and health specialists could visit schools and talk to students.

[D] To sum up, I agree that healthy living should be taught in schools, and at home as well. Having healthy habits is important for personal development, therefore, it seems to me that the students themselves and society, in general, would benefit from this.

**3. Read the essay again. In which paragraphs does the writer cover each element of the task? Write the letter(s) A-D that corresponds. Use capital letters.**

List reasons why students should know how to lead a healthy lifestyle

How students can learn to have a healthier lifestyle

Opinion on the matter

**4. Now, read the task instructions and the essay. Write the letter(s) A-D that corresponds. Use capital letters.**

**In which paragraph does the writer ...**

- 1 give an opinion and arguments?
- 2 introduce the topic?
- 3 make proposals?
- 4 summarize the ideas in the text?

**LANGUAGE**

Use a variety of grammatical structures and vocabulary instead of simple sentences.  
This will make your essay more interesting and more effective.

**1. Complete the gaps with the underlined phrases from the essay. Write them in the order they appear in the text and exactly as they are.**

Introducing your opinions

in my opinion / 1 ..... / 2 ..... / 3 .....

Introducing other people's opinions ( common beliefs)

It is a widely held view that

Most people agree that

It is a common belief that

4.....

5.....

Making an additional point

What is more, Not only that, but Furthermore, 6.....

Introducing proposals and solutions

One solution might be to

What I propose is that

I would strongly recommend that

It is vital that

7.....

8.....

Concluding

In conclusion, To conclude, 9.....

**2. Identify an example of each of the structures below in the essay.**

a contrasting idea

a complementing idea

an example sentence

a concluding sentence

a sentence stating an opinion

a sentence stating a general fact

**3. Practice. Complete the second sentence so that it means the same as the first.  
Use capital letters, contractions, and punctuation marks.**

1 She's a good friend, but she can be a bit moody.

Although .....

2 They argue that you must be a good friend to have a good friend.

People argue that .....

3 People say that having true friends is important.

It is said that .....

4 I tried talking to him, but he didn't understand what I was saying.

Although I tried talking to him, .....

5 I try hard, but she won't be friends with me.

I try hard. However, .....