Grade 10G/ AS

Opinion essay practice:

Some people think that to have a healthy lifestyle we should eat healthy food only, whereas others think we need other things to have a healthy body. Explain these two views and express your own opinion.

This is an essay with jumbled sentences in each paragraph

- You must try to reorder them so that it reads correctly
- Drag the sentences in the correct order into the box.

The introduction

Some people think that it is just about eating healthy food.

What is a healthy lifestyle?

As I see it, the both opinions are important because we need all these things to have a perfect lifestyle.

However, other people believe that good health depends on many other things like exercising, being hydrated and having enough night sleep.

Body paragraph 1

We should not eat any junk food like fast-food, sweets, fizzy drinks, which cause many diseases for us.

These meals should contain a lot of vegetables and fruits which contain a lot of vitamins that our body needs.

First, we do need to eat three meals a day.

Body paragraph 2

Nevertheless, following a healthy diet is not enough to live healthily.

In fact, we need to exercise daily.

Sleeping well at night is also so important to rest our body and mind.

Moreover, we should be hydrated.

If we don't drink enough water we will feel dizzy and tired.

This can be jogging, running, playing sports, dancing, or even walking for at least 30 minutes. Exercise is essential to keep fit and active.

Conclusion:

This includes a balanced diet, exercising, drinking enough water and sleeping well.

In conclusion, there are many factors that can help us live longer and in good health.