

1 SPEAKING Discuss the questions in pairs. Give reasons for your opinions.

- 1 Do you think most teenagers have a healthy lifestyle?
- 2 Do you have a healthy lifestyle? Why? / Why not?

2 Read the task below. What two different elements does the task contain?

Many people agree that teenagers don't get enough exercise. Write an essay in which you give your own view of the problem and propose ways of solving it.

3 Read the essay. What is the writer's opinion about the problem? How many solutions does she propose?



Most people agree that the lack of exercise in teenagers' lives is a serious problem. But what are the causes of this problem and what can we do to address them?

I strongly believe that today's teenagers spend too much time playing on electronic gadgets. They hardly ever do outdoor activities and this is why many of them do not get enough exercise. What is more, many teenagers are overweight and this makes them less willing to do exercise.

In order to tackle this problem, a number of measures are necessary. In my view, it is unrealistic to limit the amount of time teenagers spend on gadgets. What I propose instead is that we make sure school canteens only serve healthy food. Furthermore, I would strongly recommend that we give all teenagers free membership of their local sports facilities.

To conclude, lack of exercise can cause long-term health problems, so it is vital that we act now. It seems to me that the measures I propose will begin to remedy the situation.

1 Read the task and the essay. In which paragraph (A–D) does the writer ...

- | | |
|---|--|
| 1 give his opinion? ☐ | 3 make his proposals? ☐ |
| 2 introduce the topic? ☐ | 4 sum up the essay? ☐ |

Some people think that the school curriculum should include subjects such as 'leading a healthy lifestyle'. Write an essay in which you give your own opinion on this issue and propose ways in which this subject might be taught in schools.

5 KEY PHRASES Complete the useful phrases with the words below. Then translate them and find ten of them in the text in exercise 3.

agree common conclusion In order to my only
opinion propose said see seems
solution sum vital What widely would

1 Introducing your opinions

I (strongly) believe that In my ¹ _____,
It ² _____ to me that As I ³ _____ it,
In ⁴ _____ view,

2 Introducing other people's opinions

It is a ⁵ _____ held view that
It is often ⁶ _____ that It is a ⁷ _____ belief that
Most people ⁸ _____ that

3 Making an additional point

⁹ _____ is more, Not ¹⁰ _____ that, but
Moreover, Furthermore,

4 Introducing proposals and solutions

One ¹¹ _____ might be to
What I ¹² _____ (instead) is that
I ¹³ _____ strongly recommend that
It is ¹⁴ _____ that
¹⁵ _____ tackle this problem, ... I suggest that

5 Concluding

To ¹⁶ _____ up, In ¹⁷ _____, To conclude,

6 SPEAKING Work in pairs. Read the task below and discuss questions 1–3. Write notes.

Some people believe that doing sport at school is a distraction from more important work. Write an essay in which you give your own opinion about this issue and propose ways for students to do more sport at school without causing problems for their studies.



- 1 Which sports do you do at school? How often?
- 2 Are there other subjects that are more important than sport? Which ones? Why?
- 3 How could more sport be added to the school timetable without affecting other subjects?

A If we can believe 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.

B In my view, it would be very sensible to teach students how to lead a healthy lifestyle. Health problems later in life often start because people get into bad habits during their teenage years. It is sometimes said that this is the responsibility of the parents and not the school. But as I see it, everyone in society would benefit from this.

C In order to tackle this problem, time should be set aside in the school timetable to teach children about the benefits of eating healthily and getting lots of exercise. Moreover, doctors could also play a part by coming into school and talking to students. I suggest that one or two hours a week should be spent on this topic.

D To sum up, I agree with those people who believe that healthy living should be taught in schools. It seems to me that the students themselves and society in general would benefit from this proposal.

2 Complete the gaps with the underlined phrases from the essay.

1 Introducing your opinions

in my opinion, ¹ _____

² _____ ³ _____

2 Introducing other people's opinions

It is a widely held view that _____ Most people agree that _____

It is a common belief that ⁴ _____

⁵ _____

3 Making an additional point

What is more, _____ Not only that, but _____ Furthermore, _____

⁶ _____

4 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 _____

5 Concluding

In conclusion, _____ To conclude, ⁹ _____

Write your own essay

Many people think that teenagers spend too much time using electronic gadgets. Write an essay in which you give your own view of the problem and propose ways of solving it.