

Lesson **E** Writing

 **A** Unscramble the sentences. Then, add the correct commas (,) if necessary.

1. take the stairs / for / and not / example / the elevator

Get active; for example, take the stairs and not the elevator

2. such as / often / coffee and tea / hot drinks / have / for breakfast

People _____

3. two to three liters / a lot of / for / every day / water / example

Drink _____

4. a good / are / snack / of / a healthy / example

Granola bars _____

5. unhealthy food / eat / candy / like / or ice cream

I don't normally _____

6. a team sport / example / is / a good / of

Basketball _____

 **B** Match the phrases to make sentences.

1. Cakes and soda are good _____

a. for example, soups and salads.

2. Prepare food with more vegetables; _____

b. examples of unhealthy foods.

3. Vegetables, such _____

c. carrots and onions is not always perfect.

4. Foods like _____

d. yogurt and cheese are dairy.

5. Chicken is a good _____

e. as carrots and broccoli, are very good for you.

6. The shape of foods like _____

f. example of a food with a lot of protein.

 **C** Make a list of what you do to start the day well. Add an example for each idea.

How to start the day well	Example
1. Get up early	
2.	
3.	
4.	
5.	
6.	

D Use your ideas in **C** to write a How to Start the Day Well blog in your notebook. Use the phrases for giving examples from the box in your text. Check your punctuation.

for example is/are a good example of like such as