## 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

LIVEWORKSHEETS