

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. <i>Get up early</i>	
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