

STRUCTURE	SAMPLE ESSAY

STRUCTURE:

Body paragraph 2
(main idea 1)

Introduction

Body paragraph 1
(main idea 2)

Conclusion

Body paragraph 1
(main idea 1)

Body paragraph 2
(main idea 2)

SAMPLE ESSAY

Furthermore, the sedentary lifestyle of many children contributes to this problem. Due to technological development, children spend much of their day watching television or playing video games instead of going out, playing sports, and being active.

In conclusion, the two main causes of childhood obesity are diet and lifestyle. To tackle this problem, children should be encouraged to eat more healthily and exercise more.

Besides, obesity could also be reduced if children engaged in more physical activity. For example, parents could take them outside to play more, and schools could design more physical activities for students to participate in.

In recent years, the number of overweight children has been increasing. This essay will examine the possible causes and suggest several solutions to address the problem.

Measures should indeed be taken to address this issue. One possible solution is to encourage a more balanced diet among children. This can be done by teaching them the value of healthy eating and, at the same time, restricting junk food and sugary drinks in schools. There should also be workshops or events to raise parents' awareness and help them prepare better food for their children at home.

There are several reasons for the rising obesity rate among children. One of the most important causes is the change in diet. Nowadays, children's diets have become much less healthy than before, as they now consume much more junk food such as burgers, pizza, and Coke. These foods and drinks are usually high in sugar and calories, leading directly to obesity if overconsumed.

