

6 Read the notice. What should your article include?
Make notes of your suggestions.

You see this notice in a health and fitness magazine.



ARTICLES WANTED!

We know we should avoid fast food and sweets, but it can be hard to do. What should a healthy diet include? How healthy is your diet? How can you avoid unhealthy food?

Write an article answering these three questions. We will publish the most interesting articles in our magazine.

7 Write your article.



- Use your notes from Exercise 6.
- Follow the structure and instructions in the *Prepare to write* box.
- Use *be going to* and *will* to explain your decisions and predictions.
- Use language for giving advice: *It's a good idea to*, *Remember to*, *You should*
- Write about 100 words.
- Remember to check your spelling and grammar.

WRITING

An article (1)

» See *Prepare to write*, Student's Book, page 67.

1 What are the benefits of keeping fit?



PREPARE TO WRITE

An article (1)

Organise your article into paragraphs:

- 1 Introduction
- 2 Main article: answer each question from the exam task
- 3 Conclusion

- 2 Read the notice. What does the article have to be about? What suggestions would you make?

You see the following notice in a magazine:

ARTICLES WANTED!

There are lots of benefits to keeping fit. Many people don't realise the number of ways it can improve your quality of life. How can it improve your school life? How can it improve your personal life? How can it improve your social life?

Write an article answering these three questions and we will publish the most interesting articles in our magazine.

- 3 Read the article. (The parts are not in the correct order.) Does it include any of your ideas?

- A** To sum up, keeping fit isn't only good for our health, it can also improve our quality of life.
- B** Many people think that keeping fit is only important for our health. However, it also has other important benefits.
- C** First of all, after doing physical exercise we feel calmer and happier, and this feels like a reward for working so hard. Secondly, we're also more sociable because we meet new people when we play sport. It can also help you in your educational lives because when you play a sport, it improves your ability to concentrate, which helps you work better.

- 4 Match the parts of the article 1-3 with paragraphs A-C in Exercise 3.

- 1 Introduction
- 2 Main article
- 3 Conclusion

- 5 Read the article in the correct order. Then choose the best title.

- 1 How to be fit and healthy
- 2 The benefits of keeping fit
- 3 The best reasons to keep fit

- 6 Read the notice. What does the article need to be about? Make notes of your suggestions.

You see this notice in a magazine:

ARTICLES WANTED!

There are lots of sports to choose from to help us keep fit. Which sport helps you to keep healthy and fit? What do you like about the sport? How does it make you fitter?

- 7 Write your article.

- Use your notes from Exercise 6.
- Remember to check your spelling and grammar.
- Use the structure and suggestions from the *Prepare to write* box.
- Write about 100 words.
