

## ARTICLE WITH TIPS

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### Before You Write

**A** Match the healthy eating tips with the reasons.

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|--|-------------------------------|
| 1. Eat a good breakfast. <u>  d  </u>                    | a. It cleans your body.       |
| 2. Eat small portions several times a day. <u>      </u> | b. They have vitamins.        |
| 3. Eat slowly. <u>      </u>                             | c. You never feel too hungry. |
| 4. Eat fruit and vegetables. <u>      </u>               | d. It gives you energy.       |
| 5. Drink a lot of water. <u>      </u>                   | e. You eat less.              |

**B** Read the article and check your answers in part A.

### Tips for healthy eating

First, eat a good breakfast. This gives you energy for the rest of the day. Second, eat small portions several times a day. That way, you are never too hungry and you don't overeat. Third, eat slowly. When you eat slowly, you eat less food and you enjoy it more. Next, eat plenty of fruit and vegetables. They are a good source of vitamins and complex carbohydrates. Finally, drink a lot of water. Water helps clean your system. Remember: You are what you eat!

### Your First Draft

**A** Make a list of tips for healthy eating or safe exercising. List a reason for each tip.

**B** Write a short article. Use your tips and the article above as a model.

**C PAIR WORK** Read your partner's article. Write answers to these questions.

1. What do you like about the article?
2. What information is unclear?
3. What else do you want to know?

### Your Second Draft

Use your partner's answers to revise your article.