Composition

In 12 sentences, plan and write two paragraphs about "How to keep fit".

Main idea (1): I am unfit and my habits are unhealthy

* The following guide words & phrases may help you:

(a lot of sweets - much sugar - eat too late at night - stay up late - no exercise)

Main idea (2): I want to be fitter and healthier

* The following guide words & phrases may help you:

(healthy food - fruit and vegetables - do exercise regularly - warm up - relax - enough sleep) " How to keep fit and healthy"

Composition

In 12 sentences, plan and write two paragraph about "Living in big cities".

Main idea (1): problems in big cities

* The following guide words & phrases may help you:

(traffic - crowded - narrow - pollution - noise - rush hours)

Main idea (2): suggestions on how to solve the problems in big cities

* The following guide words & phrases may help you:

(streets wider - ring roads - tunnels - factories outside - trees and flowers - cleaning

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