

• Essay Plan

• Paragraph 1

Introduce the topic

• Paragraph 2

Give points of view and information, in support of the argument with reasons.

• Paragraph 3

Give contrasting views

• Paragraph 4

Conclude

(give your own opinion or interpretation of the facts)

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- Useful links and markers

- Introducing a point

Nowadays many people order food online rather than cooking at home.

There are two main reasons for this, firstly...

- Describing consequences

As a result, levels of fitness are declining.

Consequently, obesity and high cholesterol levels are becoming increasingly widespread.

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Date: / /

Essay Writing

NOTES

• Planning and writing an essay

Read the question or essay title carefully to make sure you understand exactly what is required.

• Brainstorming

Quickly note down some ideas on the topic as you think of them. Then write down some vocabulary that you know you will need to write about this subject.

• Planning

If you are asked to discuss a topic or give your opinion it is important to organise your thoughts and present your arguments clearly in paragraphs, and to work out the structure of your essay before you start to write.

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- Introducing a contrasting point
- **However**, some schools are trying to encourage healthier eating habits.
- **In contrast**, other countries have introduced compulsory cooking lessons.
- **On the other hand**, certain recipes are experiencing increased popularity.
- **While/Whereas** the government wants to tackle the issue, advertisers continue to target young people.

Date: / /

NOTES

- Giving more information
- In addition, increasing amount of oily, spicy and unhygienic fast food is being consumed.
- Furthermore / Moreover, people spend a great deal of time surfing the internet or watching T.V.
- Finally / Lastly, parents are less likely to teach their children how to cook and benefits of home made food.

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• Concluding

- In conclusion / To sum up, it is the responsibility, not of the government, but of the individuals to change their lifestyle...
- To conclude, rather than relying on online food delivery, people and especially parents should cook at home to reap the health benefits...

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