

Writing Part 1

You **must** answer this question. Write your answer in **220-260** words in an appropriate style.

Your class has watched a documentary about the serious repercussions of obesity and the importance of fitness. You have made the notes below:

How we can keep fit and avoid obesity problems

- doing exercises
- attending seminars
- eating healthily

Some opinions expressed in the documentary:

“physical activity prevents a lot of illnesses”

“becoming aware of the potential dangers of sedentary lifestyle will motivate us to take up a sport”

“avoiding junk food you can easily lose weight”

Write an essay discussing **two** of the areas in your notes. You should **explain which one is the better way for people to be fit and healthy, giving reasons** in support of your answer.

You may, if you wish, make use of the opinions expressed in the discussion, but you should use your own words as far as possible.

Answer -3

There is an increasing number of people who suffer from obesity. It is a matter of grave concern whose repercussions stretch from mere physical discomfort to deep psychological disorders. Luckily, there are several measures we can take to mitigate its effects.

An obvious step to consider is exercising. Taking up a physical activity has a multitude of benefits. Working out on a regular basis entails a boost in our metabolism which results in increased calorie burning on a daily basis. Thus, weight loss occurs naturally. On top of that, joining a local club means expanding your social circle, increasing your sense of belonging and therefore decreasing the need for comfort eating.

An ancient Chinese proverb, however, says: 'give a man a fish and you feed him for a day; teach him to fish and you feed him for a lifetime'. In other words if we become aware of the secrets of a balanced diet we can make a permanent change in our lifestyle. Knowing how to get a complete set of nutrients in low-calorie meals can pave the way for longevity.

The bottom line is that exercising is undoubtedly beneficial but it is even better when you fuel your body wisely and in moderation so as you do not need to devise ways to burn any excessive calories. Eating healthily should be the prime pursuit of any fitness seeker.

230 words

Assessment of answer -3

- (+) clear structure ✓
- (+) it covers the two points and it clearly states the better option ✓
- (+) right length ✓

- (+) error free

- ~~(+) use of linkers ✓~~ ~~(+) more advanced linkers: eg. Another effective way... // Needless to say.~~
- (+) it goes beyond the mere use of linkers: it uses techniques of internal cohesion:
 - eg. Use of antonyms: increase vs. decrease
 - eg. Use of synonyms: ..if we become aware.... // Knowing how to...
 - eg. Use of a proverb to introduce a new paragraph

- ~~(-) simplistic vocabulary: 'problem', 'but', 'bad', 'good', 'fat', 'thin'~~
- (+) extensive use of theme-related vocabulary: disorders, mitigate the effects, longevity etc

- ~~(-) simplistic repetitive arguments: 'you feel good', 'you feel full', 'it's not easy'~~
- (+) more complicated argumentation:
 - your metabolism results in increased burnt calories
 - junk food deregulates the appetite

- ~~(-) lack of complex grammar structures: eg. a conditional sentence or a passive structure~~
- (+) some more complex structures: eg. Use of reduced clauses like 'Taking up a physical activity..' or 'Eating healthily..'

Remark: This answer manages to cross the C2 threshold. It's clear in structure, with very strongly linked arguments and an extensive use of advanced language.

Score: 205