

## English Worksheet



## Writing to Inform: Healthy Eating

In this worksheet, students complete a writing task to inform. The task can be marked by an adult with the aid of the mark scheme included.

### Key Information

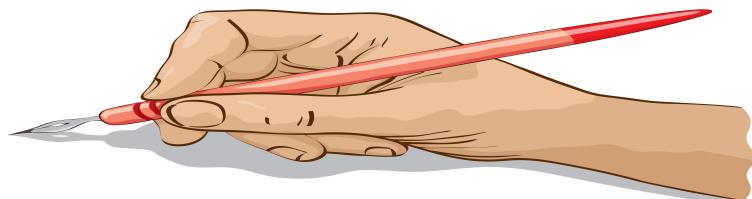
<b>Topic</b>	Writing: What to Write
<b>Level (1-3)</b>	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/>
<b>Questions</b>	1
<b>Key Stage</b>	KS 3
<b>Year</b>	7
<b>Curriculum Coverage</b>	Writing
<b>Curriculum Skill</b>	Use Growing Knowledge to Support Writing

Name

Date

## Introduction

The following writing task allows you to show that you are able to **inform your reader**.



You should write clearly, with a new paragraph for each point you wish to make.

Remember to stay away from opinions but focus on **facts** about your topic.

You can extend your writing by adding extra information using **connectives** such as: Also, additionally, furthermore. You might also use connectives such as: for instance, these include, for example... etc. to add detail.

Give yourself about 45 minutes to complete this task.

**QUESTIONS****Question 1**

Poor diet and obesity are a major problem amongst teenagers today. Some young people in Britain are actually malnourished due to eating a poor variety of food. Medical advice is that we should eat a range of fresh food, with plenty of fibre, fruit and vegetables.

You have been asked by your school to write the information for a leaflet that will be handed out to your year group at school. The leaflet should be a factual advice piece about **healthy eating**.

***To succeed in this question:***

- You should aim to write three paragraphs
- Use a range of punctuation
- Use some impressive vocabulary
- Start your sentences in a range of different ways
- Use persuasive devices such as rhetorical questions or repetition

*Remember this is the text for a leaflet so an appropriate title should also be used.*

[10]

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**ANSWERS****Answer 1****Correct Answers****Answers Explanation**

An example of a response that would be awarded full marks could be: Eat Like a Champion Did you know that only 34% of us prioritise our diet? What could be more important than thinking about what we put into our bodies? Doctors and scientists are teaming together because a new pandemic is sweeping the nation: obesity. In our modern, busy lives of work, appointments, social media and school our whole country is caring less and less about what we eat. Many of us would rather reach for a chocolate bar than make a wholesome sandwich, it's far quicker and easier isn't it? Surely though, they are not good enough reasons to put so much sugar into our bodies. Furthermore, having a healthy diet has been scientifically linked to having a healthy mind. Still not convinced? Did you know that a healthy diet has also been linked to academic success. Are you wondering how to improve your school grades? That's easy! Eat more fruit. The natural sugars will keep you energised all day and keep your brain active to soak up all that educational goodness you receive in schools. To sum up...ditch the quick, processed, sugar-laden food and instead, opt for the more natural, healthy snacks. Aren't you worth putting your health first?

**Total score:** 