

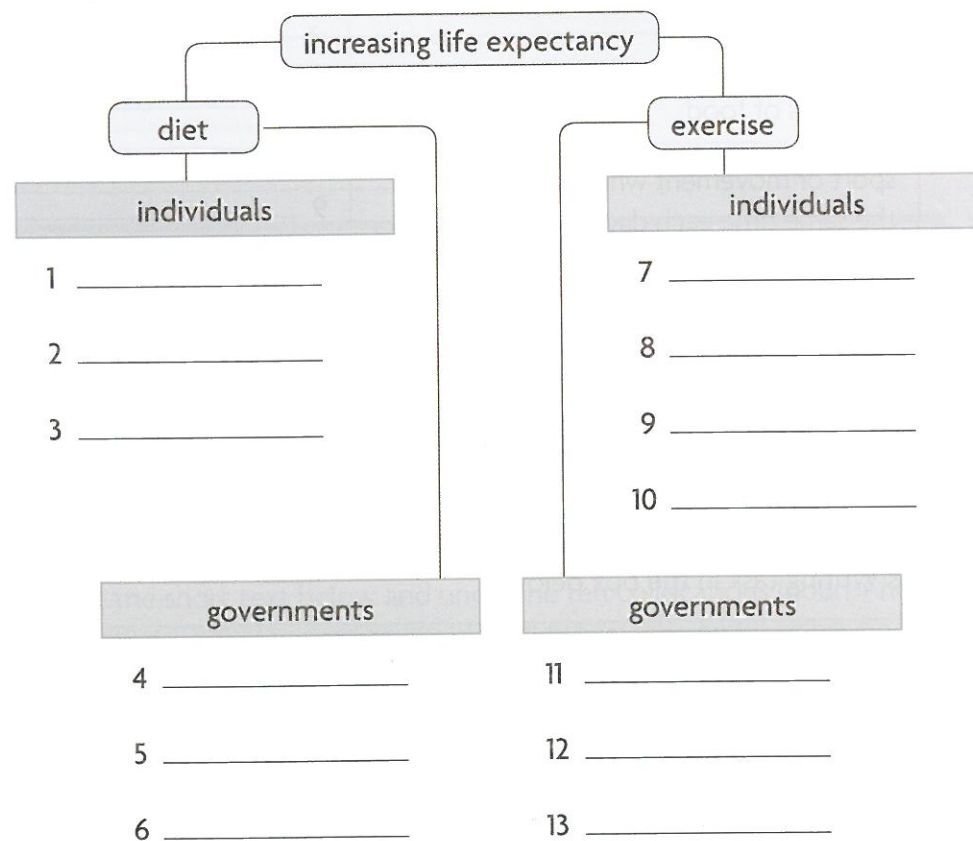
UNDERSTAND

1 Look at the ways we can increase life expectancy and decide which are about exercise (E) and which are about diet (D). The first one has been done for you as an example.

- | | |
|--|----------|
| a do sports in parks and sports centres | <u>E</u> |
| b invest in school sports | _____ |
| c eat healthily | _____ |
| d tax junk food | _____ |
| e do regular exercise | _____ |
| f cut your calorie intake | _____ |
| g ban advertising of unhealthy food | _____ |
| h take advantage of free sports clubs for children | _____ |
| i fund national sports teams and athletes | _____ |
| j avoid salty food | _____ |
| k keep active with gardening and housework | _____ |
| l educate children about healthy food | _____ |
| m build more sports centres | _____ |

APPLY

2 Complete the chart using the arguments (a–m) above. Decide whether the arguments refer to individuals or to governments.



WRITING

GRAMMAR FOR WRITING

Giving reasons

When we give reasons for our arguments, we can use *to* or *in order to*. Both are followed by an infinitive verb.

Governments should promote healthy eating	to	increase life expectancy.
	in order to	

We also use *so* or *so that*. This is followed by a clause with *can*.

Governments should build more sports centres	so	people can do more sports.
	so that	

1 Complete the sentences below using *to*, *in order to*, *so* or *so that*. More than one answer is possible.

- Governments need to increase the tax on junk food _____ make it more expensive.
- Nutrition labels should be added to packaging _____ people can see how healthy their food is.
- Governments should provide free sports clubs _____ people from poorer backgrounds can take part in sport.
- Governments can promote the idea of eating five portions of fruit and vegetables per day _____ improve people's diets.
- It might be a good idea to tax unhealthy food _____ make it too expensive to buy a lot of it.
- Some people argue that the junk food advertising should be banned _____ children are not influenced by it.

Giving examples

It is important to add detail to your writing by adding examples. It helps to give the reader more information and adds strength to your argument.

