# Γραπτός λόγος: Οι συνήθειές μου στη διατροφή και την άσκηση



ENGLISH A2 · UNIT 8 · FOOD AND FITNESS · WRITING Name: _____ Date: _____

# Writing: My eating and exercise habits

Focus: writing about eating and exercise habits and one goal; adding ideas with also / too / as well

**WRITING TIP: ADDING IDEAS AND GIVING REASONS**

Add ideas: **also** + verb, **too** / **as well** at the end. Give reasons: **to** + verb, **because**.

## 1 Choose the correct word.

*Example: I want to join a gym _____ meet new people. (to / because) → to*

1. I eat a lot of fruit, and I _____ drink a lot of water. (also / too)
2. Lena jogs every morning, and she does yoga _____. (as well / also)
3. I eat a lot of fish. I eat a lot of vegetables _____. (also / too)
4. I'm cutting down on sugar _____ I want to lose weight. (because / to)

## 2 Write about your eating and exercise habits and one goal (60-80 words).

**MODEL**

I eat a lot of vegetables, but I don't eat much fruit. I also drink too much coffee, and I don't get enough sleep. I enjoy cycling to work, and I do yoga as well. I hate jogging because I get tired very quickly. I want to cut down on coffee to sleep better. I plan to go to the gym twice a week too.

- What do you eat or drink too much of? What don't you eat enough of?
- What exercise do you enjoy doing? What do you hate doing?
- One thing you want or plan to do, and why (to + verb / because).
- Add ideas with also, too and as well.

*Self-check: capital letters and full stops · subject + verb word order · this unit's grammar · this unit's words · the right length*

**ANSWER KEY**

**1** 1 also, 2 as well, 3 too, 4 because

Δωρεάν λήψη, εκτύπωση και χρήση στο σπίτι, στην τάξη ή οπουδήποτε αλλού.