

Persuasive
writing

Task 1

Look back over the work you completed last week especially your healthy meal poster.

Discuss with someone at home and then write down other ways you can be healthy and live a healthy life. This will help form your plan.

Write down 5.

Task 2

You will now be writing your introduction. Think about what you will include:

- A question to engage the reader
- What you will be talking about
- Why you are talking about this topic now
- A statistic
- A word of encouragement

Introduction example:

Do you feel lethargic, demotivated and overweight? Then you need to start eating healthily and exercising regularly. Last week, the government issued a health warning stating that studies have shown that 20% of year six children (10-11 year olds) are obese and 35% of children the same age are experiencing extreme health issues as a result of a poor diet and lack of exercise. Being healthy may seem hard to achieve, however all it takes is small changes to your everyday life which can make a huge difference.

You will now be writing your paragraph about eating healthy. Think about how you might persuade someone to swap less healthy food for a healthier alternative.

Think about what you will include in this paragraph:

- What healthy swaps people can make
- Why they should make these healthy swaps
- How much of each type of food they should eat, you can refer back to your poster.
- Let the reader know they don't have to give up the food they like but just have it in moderation.

Healthy Eating example:

Most children would rather eat fat-ridden chips over fresh, juicy mango slices, or drink a sugar-filled can of cola over an ice cold glass of water. Making these swaps can really improve your quality of life. It is vital that each meal you consume is balanced:

35% carbohydrates

35% protein

20% dairy

10% sugars and fats

Having a healthy diet doesn't mean cutting out all the food you like - it is OK to have them in moderation. We all know you have to treat yourself once in a while.

Task 3

You will now be writing your paragraph about eating exercise. Think about how you might persuade someone to be more active.

Think about what you will include in this paragraph:

- Why people should exercise
- A fact about exercising
- Give examples a different types of exercise the reader can do include sports that may interest them
- A word of encouragement to the reader

Exercise example:

Alongside eating healthily, it is crucial that you exercise regularly. Working up a sweat four times a week can quickly improve your fitness and general health. Did you know, skipping for 30 minutes burns an outstanding 500 calories!? Any exercise that gets your heart rate up, will help you to burn calories; sports such as football, swimming and tennis really advance your fitness. Find activities you enjoy and then it won't seem like a chore.

Fortunately, being healthy not only makes you feel good on the inside, but also on the outside. By eating a balanced diet and exercise regularly you are ensuring that your body gets everything it needs. As a result, your physical appearance will dramatically improve.