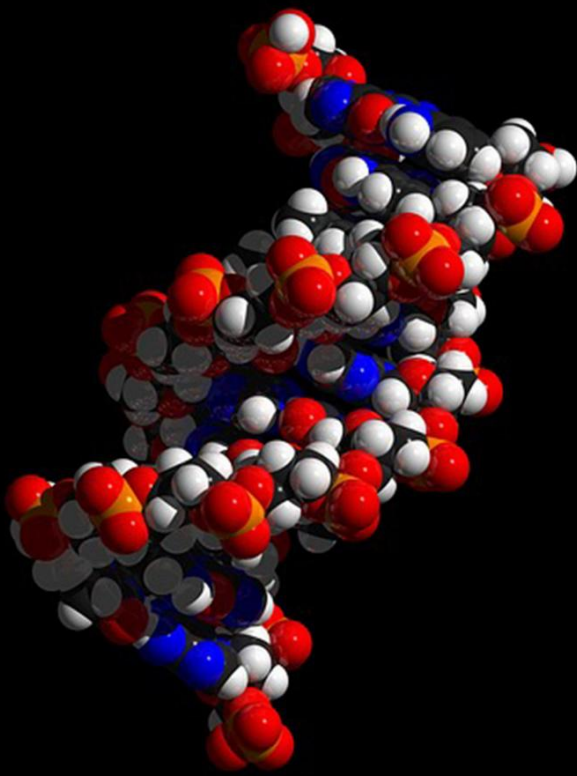


THE WRITE IDEA

ENGLISH TEST PREP SERIES

Vol 2.



Health
Sports
Nutrition

WritetoTop.com
the

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Introduction

The key to persuading readers not only to read an essay from start to finish, but to engage with the content is to provide them with concrete and effective ideas that support a strong thesis. This expression of ideas, moreover, must be presented in a clear, concise, and convincing manner.

The aim of this book is to help writers express strong arguments, solutions, explanations, descriptions, and so on in a timed situation (i.e., test) by offering a range of ideas about a topic. By working with keywords, questions, examples and essays, test takers will be prepared for any question on a topic that appears on a writing test.

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How to Use this E-book

There are no shortcuts to learning. Everyone needs to actively engage the language, and when it comes to language tests to be active in one's practice on a daily basis and to work hard to achieve high scores. This applies especially to the idea bank. The idea bank is something that you need to constantly build up, add to, go back to, and practice using.

Here are the key steps to getting the most benefit from The Write Idea:

1. Look over the collected keywords. You will know many of these already, but there will also be many new words for you to learn. Label them as follows:
 - 1- words you already know
 - 2- words you have seen or heard before and can probably guess in context
 - 3- words that are completely new to you

Look up new words in the dictionary and create sentences using them. Become comfortable and confident in using these words. (Start with the #2 words, then move on to the #3 words)

There are also sets of synonyms and expressions for you to use to improve your lexical range, as certain words and expressions will often repeat themselves. For example, instead of using the word *health* several times, you can use *well-being*, *fitness*, or *good condition*. Instead of *eat*, you can use *consume*, *ingest*, or other verbs and expressions. Study these as well.

You can categorize the keywords according to your own groupings. You can, and should, add other words to these lists.

Go over these lists regularly. Try also connecting words to specific topics or questions to see how they might be used to create supporting arguments.

2. Read over the questions to make sure you understand exactly what is being asked, i.e., what is the focus of the question? What are you being asked to do (give an opinion, answer yes or no, offer solutions, etc.)? Most importantly, become familiar with the question types.

Try underlining key words in the questions to make sure you have the right focus, and then list some of the vocabulary you studied that could be useful in answering the question.

3. Create a plan for a full essay for every task. Answer the following questions:
 - What is the general topic?
 - What is the specific question, issue, debate, etc.?
 - What is your opinion, thesis?
 - Provide a general outline of how you will present your arguments/ideas.

Practice until you can create a plan for any question within 3–4 minutes.

4. Look at the subtopics and the points associated with each. Try to create a variety of questions about these specific areas, then create a plan to answer them.

Think of other subtopics that might come up.

5. Look over the examples and study their structures and general functionality. Connect these to the questions to which they may be applicable.

Add your own examples, from your own experiences and knowledge (your own personal examples will likely be easier to recall on test day).

6. Practice writing full, timed essays every other day.
7. Look over the sample essays. These include high-end vocabulary, varied sentence structures, transitions and linking devices, and other important elements necessary for high scores on exam writing sections.

Remember: To pass the test, you must work hard. There are no shortcuts.

Keywords

The following groups of words are meant to help you create mental pictures of ideas associated with Health, Sports, and Nutrition. By no means should you try to memorize all the words below; however, these words will help you tap into a large pool of ideas related to all aspects of Health, Sports, and Nutrition. Your own experiences in these areas will certainly provide you with material with which to write a few essays, yet there are many aspects of these fields that you may have never considered and that may have never been a part of your personal experience; for example—what is involved in a pregnancy, the salaries that different athletes make, or how wine is served in an upscale restaurant.

Moreover, strong essays use a variety of words. By immersing yourself in these keywords, you can increase your vocabulary range, and thereby your score on language tests that specifically evaluate this aspect of your language ability.

Health

Good Health:

physical health	mental health	emotional health
financial health	well-being	wellness
fitness	(regular) exercise	physical activity
hale	hearty	healthfulness
in good/poor form/shape	longevity	vigor (ous)
balanced	mentally alert	condition
state	physique	hardy
durability	preventive	treatment
resiliency	potent	welfare
energy	strength	sturdy
moderation	excess	lifestyle
other:		

Body Systems:

respiratory	digestive	nervous
circulatory	immune	urinary
other:		

Ill Health:

sickness
 illness
 syndrome
 affliction
 unwell
 suffering
 woe
 complaint
 plague
 benign
 acute
 other:

disease
 abnormal
 infirmity
 indisposed
 unhealthy
 torment
 ordeal
 distemper
 epidemic
 malignant
 susceptible

ailment
 disorder
 malady
 defect
 grief
 prone to
 distress
 contagious
 pandemic
 chronic
 fatal

Medicine:

a medical
 appointment
 autopsy
 sterile
 mortality
 factors
 other:

blood test
 phase
 stigma
 reaction
 sanitary
 risks

check-up
 first-aid
 family history
 vital signs
 side effects
 hygiene

Medical processes:

biopsy
 cosmetic surgery
 vasectomy
 massage
 therapy
 specimen
 other:

bypass surgery
 elective surgery
 operation
 root canal (dentistry)
 palliative care
 test/examination

transfusion
 graft
 physiotherapy
 psychotherapy
 rehabilitation
 amputation

Places:

hospital	clinic	walk-in clinic
medical station	infirmary	aid station
Intensive Care Unit (ICU)	blood bank	trauma unit
operating theater	plastic surgeon	dermatologist
lab (laboratory)	home for the elderly	hospice
senior's home	assisted-living	emergency room
Department (radiology, neurology, psychiatric, etc.)		
other:		

Body parts:

limbs	intestines	glands
bone marrow	vital organs	kidneys
liver	stomach	lungs
brain	heart	blood (type)
spine	ribs	collarbone
buttocks	Adam's apple	hips
pelvis	tailbone	bladder
nose (nostrils, bridge)	sinus	throat
neck	forehead	temples
Tissue	artery	eardrum
DNA	tendon / joint	valve
finger / toe nail	shoulder	wrist / ankle
shin / calf	waist / hip	thigh / hamstring
chest / breast	muscle	groin
vein	belly button / navel	skull
eyes (pupil, iris, eyelid, eyelash)	mouth (jaw, teeth, gums, tongue)	reproductive organs (penis, vagina)
other:		

People:**doctor (MD, Dr.)****pediatrician****psychologist****neurosurgeon****radiologist****paramedic****patient****WHO (World Health Organization)****herbalist****obstetrician****other:****specialist****podiatrist****oncologist****plastic surgeon****technician****urologist****masseuse / masseur****octogenarian / septuagenarian****anesthetist****gynecologist****expert****psychiatrist****dentist****dermatologist****pharmacist****nurse****chiropractor****GP (general practitioner)****geriatric****family doctor****Symptoms:****incontinence****migraine (headache)****convulsions****itch (rash)****high/low blood pressure****limp****athlete's foot****sunburn****hangover****fever****food poisoning****other:****dizziness****aches & pains****seizure****hiccough (hiccup)****mucus****callus****blister****eczema****jet lag****parasites****unconscious / coma****queasiness****diarrhea****nausea****vertigo****pulse****pus****allergic reaction****frostbite****scar****sensitivity****dehydration****indigestion****sensitivity**

Major Diseases & Disorders:

MS (Multiple Sclerosis)	diabetes	Lou Gehrig's Disease
psychosis	clinical depression	insomnia
bipolar	anxiety	Alzheimer's
osteoporosis	psoriasis	arthritis
AIDS, HIV	obesity	asthma
small pox (eradicated)	polio	hepatitis
STD/I (sexually transmitted disease/infection)		heart disease
rabies	malaria	pneumonia
tuberculosis (TB)	Influenza (flu)	tetanus
anemia	Parkinson's (Michael J. Fox)	autism
dementia	amnesia	dyslexia
schizophrenia	hypochondria	valve
ALS (Amyotrophic Lateral Sclerosis) (Stephen Hawking)		phobia
cancer (prostate, ovarian, lung, breast, skin (melanoma), leukemia)		eating disorder
other:		(anorexia, bulimia)

Medicines:

aspirin	Tylenol	ibuprofen
acetaminophen	antibiotics	painkiller
drip	vaccine	antidote
anti-venom	pill	capsule
gelcap	laxative	tranquilizer
to be on meds	drug	insulin
folk medicine	experimental	dosage
prescription	illicit / illegal	hard / soft drugs
oral	suppository	cannabis
decongestant	antiseptic	antibacterial
anti-histamine	iodine	steroid
anesthesia	sleeping pill	injection
other:	morphine	tranquilizer

Medical issue (external):

break

scrape

callus

abrasion

gouge

athlete's foot

sunburn

intolerance

other:

cut

stress

swelling

bruise

ointment

blister

eczema

incontinence

tear

wound

burn

pull

cold sore

tranquilizer

frostbite

scar

allergic reaction

rash, hives

Medical issue (internal):

contusion

paralysis

ulcer

inflammation

blood clot

tear

kidney stone

sunstroke

cramp

sprain

tumor

virus

other:

dislocate

reflex

saliva

hemorrhage

spasm

sweat

heart attack

slipped disk

fracture

twist

hernia

germ

sore throat

stimuli

infection

wheeze

atrophy

hypothermia

altitude sickness

cardiac arrest

torn ligament

concussion

heat stroke

bacteria

Medical Tools & Studies:

ECG (electrocardiogram)

thermometer

scalpel

bandage

x-ray

stethoscope

braces

stent

syringe

stitches

hearing aid

techniques

trait / heredity

anatomy

kinesiology

other:

defibrillator

catheter

gauze

cast

MRI

IV (intravenous)

brush / floss

sunscreen

splint

saline

pacemaker

incubator

forensic medicine

physiology

pathology

eye dropper

tongue depressor

Band-Aid

stretcher

CAT scan

forceps

filling (cavity)

hypodermic (needle)

wheelchair

crutches

sling

procedures

pharmacology

genealogy

genetics

Pregnancy:

zygote

conception

ovaries

go into / be in labour

Caesarean / C-section

birth control

postpartum depression

midwife

congenital disease

induced labour

natural birth

embryo

procreate

miscarriage

umbilical cord

water breaking

maternity leave

placenta

contraception

ultrasound

due date

breastfeeding

fetus

intercourse

abortion

epidural

vomit

prenatal

delivery room

surrogate

premature

trimester

cramp

contraction
after-birth
delivery / to deliver
in vitro (artificial)
fertilization
other:

dilate
baby shower
birth
go into labour

stirrups
bear / childbearing
morning sickness
stillborn

Health Verbs

contaminate
treat
fix/repair
examine
get well
prevent
reverse
mend
rehabilitate
perform
atrophy
check
fill out
decay
suffer from
mitigate / reduce
cope with
soothe
stutter
other:

run (a fever)
diagnose
recover
immunize
come down with
resist
dress
remedy
incubate
inject
measure
check into
donate
diffuse
have
alleviate / minimize
quit
recharge
binge

catch (a cold)
heal
identify
vaccinate
bleed
scar
develop
prescribe
operate
set
weigh
register
transplant
dilute
reduce
cure
hurt
repulse/reject
faint

Sports Verbs

award	eliminate	win / lose
draw / tie	eject	contend
challenge	huddle	score
coach	pitch	defend
quarterback	train	exercise
endorse	sponsor	practice
work out	pass	shoot
chase	contest	knock out
other:		

Sports types:

contact sports	water sports	indoor /outdoor
league (NHL, NBA, MLB, MLS, FIFA, Champion's League)		individual
amateur	professional	team
singles	pairs	World Championships
Commonwealth Games	Pan-Am Games	Olympics
golf, hockey, badminton, soccer, football, rugby, basketball, baseball, cricket, swimming, cycling, running, wrestling, MMA, sailing, fishing, skiing, snowboarding, equestrian, figure skating, fencing, polo, skeet shooting, triathlon, decathlon, slalom, ice hockey, field hockey, lacrosse, racing, luge, bobsled, squash, bowling, volleyball, beach volleyball, decathlon, Track & Field (hurdles, javelin, lane, lap, marathon, relay), windsurfing, boxing, kayaking, curling, martial arts (judo, karate, tae kwon do, jujitsu, muay thai, capoeira, krav maga)		
other:		

Places:

field	pitch	rink
racetrack	court	ground
ring	stadium	arena
studio	track	pool
lane	route	
other:		

People:

umpire	referee	player
athlete	opponent	teammate
rookie	veteran	coach
captain	assistant (coach, captain)	time out
commissioner	president	driver
jockey	contender	challenger
rival	adversary	shrink
heavy/light/welter/featherweight	sports psychologist	goalie / goalkeeper
forward	defenseman / defender	striker
midfielder	catcher	baseman
pitcher	outfielder	batter
quarterback	trainer	manager
ball boy/girl	leader	
other:		

Lifestyle & Exercise:

over/underweight	genetics	proportion
fitness (training)	weight training / lifting	flexible
regular (exercise, meals, etc.)	yoga	abstinence
addiction	aerobics	smoking
weight gain/loss	gym	treadmill
elliptical	jogging	bulk up / trim
barbell / dumbbell	weights	push-up
sit-up	pull-up	homeopathy
routine	strenuous	sedentary
heavysset	thin / skinny	calisthenics
fat / obese / overweight	malnourished	relaxation
spa	active	ergonomics
other:		

Sports (general):

contract
 championship
 second place / runner-up
 draw / tie
 penalty / foul
 favourite
 hurdles
 huddle
 tickets
 play-by-play
 period
 half
 game 7
 Jumbotron
 athletics
 (break / set a) record
 goal
 organization

other:

trophy
 playoffs
 elimination
 tie-breaker
 ejection
 contender
 knockout
 team meeting
 score
 scoreboard
 inning
 overtime
 review
 homerun
 game / match
 sprint
 defense
 association

award
 round-robin
 win / loss
 time out
 underdog
 challenger
 tap out
 practice
 broadcast
 instant replay
 quarter
 extra innings/time
 sponsorship
 endorsement
 false start
 starting blocks
 offense

Food Verbs

prepare

lay out

diet

sauté

host

ration

portion

absorb

dine (in)

barbecue

cater

other:

serve

set a table

brew

grill

feast

chew

consume

digest

take out

fry

order

present

burn

marinate

broil

braise

swallow

ingest

fast

bake

raise

grow

Nutrition:

vitamins

diet

fats

sugars

fatty acids

calorie

supplements

other:

minerals

heartburn

carbohydrates

sodium / salt

trans fats

deficiency

count calories

nutrients

proteins

essential nutrients

amino acids

fiber

herbs

Cooking and Eating:

cuisine

gourmet

open-flame

antacid

other:

culinary (arts)

pan

open-kitchen

portions

gastronomy

pot

appetite

People:

chef

busboy

sommelier

bartender

manufacturer

line cook

food critic / blogger

(green) grocer

other:

sous chef

connoisseur

barista

line cook

host / hostess

manufacturer

foodie

farmer

waiter

waiter

host / hostess

supplier

bartender

supplier

butcher

baker

Places:

restaurant

kitchen

3-star / 5-star

upscale / fine dining

supermarket

vineyard

other:

food stand / stall

dining area

Michelin star

buffet

farmer's market

delicatessen (deli)

food truck

bar / lounge

cafeteria

greasy spoon

orchard

Animal Foods:

poultry (chicken, turkey)
 meat
 livestock (farm animals)
 grazing
 canned (tuna)
 processed
 other:

beef
 red meat
 cattle (cows)
 fish
 seafood
 hormones

pork
 white meat
 herd
 shellfish
 stock

Agriculture:

produce
 fertile land
 harvest
 drought
 pesticide
 GM (genetically modified)
 other:

crops
 barren land
 cereals
 famine
 insecticide

yield
 arable land
 grains
 organic
 root vegetables

Trends & Ethnic Foods:

probiotic
 cleanse
 extra virgin olive oil
 sauerkraut
 sushi
 dim sum
 other:

quinoa
 grapeseed oil
 kimchi
 empanada
 hummus
 poutine

kale
 avocado oil
 naan
 taco
 croissant
 acai berry

Idiomatic language: (Note: these idioms can be used in formal academic writing for the IELTS, TOEFL, or other English language exams. Be sure to use them correctly and in an appropriate context.)

back on one's feet

get a taste of one's medicine

a black eye

flare-up

kick a habit

nurse back to health

pass away/on

rub salt in the wound

runs in the family

burn out

under the weather

a shot in the arm

prime of one's life

safe and sound

call in sick

on the road to recovery

pull one's punches

skating on thin ice

eye on the prize

bread and butter

put all eggs in one basket

bad apple

food for thought

other:

bitter pill to swallow

break out in a (cold) sweat

catch a cold

get out of one's system

out of shape

pull through

run down

take a turn for the better/worse

a new lease on life

take (someone/something's) pulse

teething troubles

stick out like a sore thumb

on the mend

take a sick day

sick leave

no holds barred

a ballpark figure

a league of their own

ball in one's court

cream of the crop

take with a grain of salt

bite off more than one can chew

in a nutshell

Common Words/Expressions & Alternatives:

If you can avoid repeating words in an essay, do so. The following words are the most commonly used in essays on Health, Sports, and Nutrition. You should not have to use the word “healthy” ten times in your essay. In fact, this will weaken your writing as there are other words that work just as well and can be applied in different contexts.

In the examples below, the underlined words can be replaced with the words/expressions beneath them. (Note: some modifications may be required to make the substitute fit the sentence as given)

Healthy lifestyle

Maintaining a healthy lifestyle involves more than just exercise; there are also a balanced diet, mental relaxation, and social engagement/interaction.

Healthy living..

healthy eating,

A healthy way of life

good nutrition,

Healthy behaviour

a proper meal plan,

Wholesome living

the right nutrients,

A healthy style of living

Maintain good health habits

Being active

Staying in shape

Staying/keeping fit

Living well

Being physically and mentally fit

Inactive lifestyle:

Establishing an inactive lifestyle is dangerous for one’s health.

sedentary

lazy

supine

stationary

sluggish

immobile

inert

passive

listless

idle

lethargic

torpid

Health:

To truly enjoy one's life, one must pay attention to and look after one's health.

physical/mental/emotional wellness		welfare	constitution
fitness	healthiness	condition	well-being
strength	healthfulness		

To maintain one's health, one must exercise regularly and eat well.

good shape	resiliency
vigor	energy
fortitude	potency
durability	soundness
stamina	strength
vitality	hardiness

A person should see his/her doctor annually.

A person should have an annual physical.

A person should go for a checkup once a year.

A person should have a medical every year.

Not healthy/Unhealthy:

If one becomes inactive, it is quite easy to become unhealthy.

develop physical problems	fall ill
become sick	develop health complications
feel unwell	be in poor health
develop a disease	feel run-down
lose one's health	feel indisposed

Athlete:

An athlete must train very hard in order to be/remain successful.

sportsperson/sportsman	player (soccer player, tennis player, etc.)
competitor	professional
pro (athlete)	amateur (athlete)
sports star	sports celebrity
a person involved in sports	jock (slang)
(golfer, cricketer, footballer, boxer, wrestler, fighter, driver, racer, runner, etc.,)	

Sports:

Sports are a great way to stay fit and meet new friends.

athletics	(physical) games
exercise	physical activity
team sports	individual/team/organized sports

All children should in engage in some form of physical activity.

pastime	recreation
competition	contest

It's much better to watch a sporting event live than on television.

(tennis) match	(golf) tournament
(swim, track) meet	(basketball, basketball, volleyball/etc.) game
league play/game	marathon
(skating) competition	(auto, horse) race

Play:

Children should learn how to play with and against others so they can interact with new people later in life.

compete	contend	go up against	cooperate
be on a team	engage in sports	take part in sports	participate in a match

Nutrition:

Proper nutrition is a cornerstone of good health.

nourishment sustenance dieting a healthy meal/menu/cuisine

Food:

Without food, a person cannot survive long.

(the) staple(s)	edible products	edibles
provisions	rations	one's daily bread
foodstuff(s)	fare	meats
dairy	produce	feast
refreshments	subsistence	

Eat:

A person should eat about 2000 calories per day.

consume	digest	absorb
take in	have an intake of	ingest
have a meal of	take nourishment (of)	
swallow	drink	devour
dine (on)	scarf down	wolf down
snack (on)	polish off	put away
inhale		

Subtopics

Health, Nutrition, and Sports are very broad fields. They involve much more than doctors, athletes, vitamins and fast food. The following subtopics present varied aspects of health, nutrition, and sports that are often overlooked. By familiarizing yourself with these ideas, you should be prepared to view health, nutrition, and sports from varying perspectives and write about any topic that concerns them.

Traditional vs. Non-traditional Medicine

Traditional: Western, medicines and treatments: pharmaceutical drugs, therapies, chemotherapy, radiation, dialysis, rehabilitation, mastectomy, specialists, experts, hospitals, registered massage therapist (RMT), inoculation, vaccines, psychiatry, psychology, psychotherapy

Non-traditional: Eastern, acupuncture, Reiki, NLP, yoga, meditation, herbs (including marijuana), roots, shaman, pressure points, chiropractic (bone-setting), hypnosis, bloodletting, cleanse, fasting

Choice: science vs. spirituality (belief), religion, cult, taboo, stigma (shame), family, society (judgment, prejudice, stereotype), ignorance, trust, cost, advances (medical, technological) vs. time-tested approaches, science

Land: Livestock (meat and dairy) vs. Crops (plants)

Livestock: immense space needed for grazing, livestock needs to eat grains that could feed people, deforestation, irrigation for cattle fodder still necessary, ecosystems destroyed (killing off of predators), erosion, more antibiotics and pesticides needed, increased pollution (land, water, air), expensive to farm, carnivores, omnivores

Crops: can produce more food for more people, can produce crops for biofuels, need irrigation, sustainable, cheaper to maintain and harvest, fewer pesticides and hormones, limited arable land, automated farming, herbivores, vegans, vegetarians

Government Health Budget: Prevention vs. Treatment vs. Education

Prevention: Research and Development (R&D), short-term expensive but long-term cost efficient (e.g., find cure for cancer), education, teach kids better habits to have healthier adults, address before too late (diseases), find root causes, an ounce of prevention is worth a pound of cure (idiom), save future lives, increase scholarly work at university, be ready for any outcome, wider applications of discoveries, applicable to all, universal, global, humanitarian, if can prevent don't need to treat

Treatment: treat as necessary not based on what may be, more cost-effective (not everyone needs treatment), drives up insurance costs, experimental procedures, may be too late, prevent epidemic, gender-specific, income levels and inequality (rich have more options than poor), need to experiment/test on animals first

Both: Learn prevention through treatment, reduce burden on medical infrastructure (educated patients help the doctors and nurses), reduce stress and anxiety when treatment required

Education: teach good habits that help avoid injury, illness, contagion; proper hygiene (washing hands, cleaning fridge, washroom, etc.), teach people to cook in school, proper dietary choices, risks, emergency procedures (first aid, CPR, 911), importance of medical checkups, exercise, physical activity

Athletes' High Salaries

For: hardworking, gifted/talented so should be rewarded like smart people, limited time to make money, sacrifice their bodies, promote companies' products, role models for young children, sell tickets, give a city/country pride, team owners make millions, provide jobs (stadium workers, vendors, caterers, etc.), athletes usually aid charities

Against: a children's game, born with the genes for athleticism (unearned), wrong message to kids, excuse not to study hard, short career, must be elite to be paid well (amateurs make little), injuries can end a career quickly and money can't buy comfort, money better spent elsewhere (education, health, development)

Life Expectancy Increasing

Positive: enjoy life longer, see more, do more, have more opportunities to learn, grow, discover; be healthier, contribute longer to society, family time longer, longer relationships, grow communities, have time to pursue goals and dreams, time to volunteer and teach

Negative: unsustainable, population growth to excess, increased competition for resources (food, water, shelter), jobs, education, medicine, etc., need to work longer to afford retirement, if ill then suffer longer, if on government assistance then more of a drain on limited funds

Vegetarianism and Veganism

Pros: save land, healthier (fewer hormones, chemicals, byproducts), lower cholesterol, discipline, unsafe meats, don't kill animals unnecessarily, maintain healthy weight

Cons: fewer proteins, fewer options when dining out, less variety of dishes, the body needs certain nutrients only found in meat and fish, might not feel full and eat more, high fiber content might lead to discomfort, fruits high in sugar, eat more carbohydrates, can actually gain more weight

Lifestyle: choice vs. increasingly needed option, unsafe meats, hormones, proteins, diet, celebrity trends, personal choice, morality, sustainability

Sports: Competition vs. Cooperation

Cooperation: team-first mentality, individuals don't win team sports, teamwork, strategy, reliance/reliability, dependability, when one falls, the others step up, selflessness, egoless, playmaking, well-oiled machine, communication, overcome shyness, make new friends, understand and develop relationships, football—11 players on the field; baseball—9; soccer—11; hockey—6; basketball—5; pass, assist, block shots, listen to coaches, see past the moment

Competition: have to win, learn to strategize, discern weaknesses in others, be aware of own strengths, real world (compete for jobs, positions, status, housing, etc.), have to earn what given, winners and losers, life is not easy (if it were easy, everyone would do it), hone skills, self-reliance, self-esteem, self-confidence, find one's limits

Forced Exercise for Kids and Workers

For: do not allow laziness, healthy students study better and are more disciplined and focused, achieve more; workers are more efficient and productive, fewer sick days and absences, fewer man-hours lost, lower insurance premiums, establish good habits, team-building exercises, good for promotion/marketing, can recruit a type of employee

Against: freedom of choice, control can shift to other areas, need to take physical abilities into mind, time, time spent exercising is time wasted not working or studying; some people physically stronger than others, judging based on physical ability (smart kids vs. jocks, bullying), possibility of injury and consequent insurance costs, can turn off some potential employees,

Obesity

Causes: diet (fast food, junk food, snacks, fatty foods, trans fats), eating schedule (midnight snack, fewer but bigger portions), lifestyle (sitting, sedentary, inactive), video games, television, lack of exercise, carbohydrates, sodium, stress, unrealistic body image, body shaming leads to low self-esteem, genetic/hereditary (family members all heavy-set), thyroid, naturally big-boned, cultural (sign of prosperity, different meal times, etc.), stress eating, escape, coping mechanism

Solutions: educate children about good nutrition, teach active habits, limit screen time (video games, TV, etc.), encourage sports, outdoor activities, present realistic targets (ads with normal models, celebrities speaking up against body shaming), build self-confidence, medical research, acceptance of varieties of body types

Where: school—cafeteria lunches, too much homework (sitting), not enough physical education classes, not enough sports/exercise space or equipment, poorly trained teachers, bad role models (obese teachers and staff); workplace—office jobs, not enough breaks, breaks too short to spend exercising, overworked and too tired, stress

Technology: medical benefits, lifestyle detriments

Technology: MRI, CAT Scan, radiation therapy, stints, laser surgery, unobtrusive/noninvasive techniques, defibrillator, incubator, dialysis machine, prosthetics, ultrasound, biopsy, electrocardiogram, pacemaker, artificial insemination, transplants

Benefits: longer life expectancy, less suffering, help more people, cure diseases, treat wounds more efficiently, save lives, better quality of life, better prevention and treatment, offer alternatives/options (e.g., sterile couple can have baby), better hygiene, cleaner water and air

Detriments: people take less care thinking machines will save them, sometimes cause other problems (radiation causes other issues), side effects, cost, not many (long wait times), help the rich more than the poor, misuse (gene modification, selective births, organ market), control weaker populations

Personal Habits & Responsibility

Bad habits: smoking, drinking, drugs (soft and hard, illicit or prescription), eat fatty foods, sitting for long periods (school, office), not visiting doctor, dentist, optometrist for checkups, staring for long durations at a screen (computer, TV, phone, etc.), slouched posture, sedentary, lazy

Good habits: moderation, vitamins and minerals, healthy eating, exercise (bicycling, jogging, working out, aerobics, weight training), stretching regularly, annual physicals, checkups, know one's limits, proper hygiene, balance, stairs vs. elevator, walking/cycling vs. driving

Dangerous activities: motorcycle riding, skydiving, rock climbing, bungee jumping, drinking and driving, extreme sports, walking/driving & texting, no helmet, no life-vest in boat

Children: mimic adults, don't see long-term effects, don't question own choices, need guidance, accident prone

Adults: should pay for consequences of hazardous actions, should receive help for accidental injury, unforeseen illnesses, effects of environment, dangerous/high stress/physically demanding jobs (air traffic controller, firefighter, construction worker) should be looked after by employer (health insurance)

Restaurant food vs. Home-cooked Meals

Home: quality control, cost control, select ingredients and products, know what eating, eat healthier meals, minimize salt and fats, customize meals to dietary needs, avoid allergies, choice of products, creativity, find recipes online, family recipes, cultural/traditional foods, authentic, controlled spices and herbs, favourite brands, preparation time, cooking time, pot luck, home gathering

Restaurant: mystery ingredients, no extra care for allergens, higher cost, food handlers (wash hands, clean kitchen, care for meats, dairy, fish, etc.), junk food, fine dining, exotic dishes, international cuisine, cooking and cleaning by others, break, convenience, fun, celebration, take a break, friends & family

GMO (Genetically-Modified Organisms)

For: higher yields, longer-lasting, more attractive fruits and vegetables to induce kids to eat, can transport over longer distances, bigger cattle, new types of produce (hybrids), global reach for products, helps economy

Against: hormones, additives, injections, unnatural, long-term effects as yet unknown as this is new tech, trust issue with consumers, loss of flavor, no more seasons for products so less appreciation

Healthy Image

Overly-thin (skinny) models: anorexia, bulimia, message to young girls is to be thin, can wear fashion designers' clothes easily, runway models, cover models, create social standard that thin is attractive, unhealthy lifestyle, do not represent the majority, promote sacrifice for appearance, might stop some people from overeating, might lower some people's self-esteem, encourage people to exercise and eat well, consumer backlash, swimsuits and lingerie, Victoria's Secret

Normal/average/plus-size: represent the average, promote healthy body image, promote self-confidence, more companies starting to use, consumer demand, might promote unhealthy eating, not necessarily healthy, other reasons for being heavy set (thyroid, genetics, muscles, injury has made inactive, etc.)

Ideal: healthy BMI (body mass index), food in moderation, exercise, healthy diet, good self-image, not victim of peer-pressure/bullying/body-shaming, balanced lifestyle, cheat days, enjoy life, images reflective of all society

Medical Costs

Covered by government (tax revenues): government's duty to look after citizens, collects tax revenues, infrastructure, jobs, stimulate hiring by companies, grow economy, provide health insurance to all, socialized medical care, budget, streamline health services, reduce waste, cap salaries, provide high-quality medical training, health education, provide recreation centers to make public more active, encourage competition among insurance providers

Individual responsibility: some act irresponsibly (see Bad habits), consequences, can't afford, bad luck, private health insurance, learn better habits, teach children, better diet, clean living, accidents are accidental, bankruptcy

Scaled according to lifestyle: city dwellers vs. rural, nonsmokers pay more, gym members pay less, mandatory annual checkup, age, genetics, family medical history, can lead to discrimination, pre-existing conditions

Insurance: should be accessible to all, government subsidized, millions in the US don't have, most developed countries offer this to its citizens, need more accountability, make billions of dollars, big business, corruption, highly bureaucratic, paperwork, lay person cannot navigate through, life insurance, health insurance, accident insurance

Fast Food Restaurants

Pros: save time, young people/students don't know how to cook, cheaper than shopping for one, delicious, convenient (many shops, restaurants, stands, food trucks, street stalls), can feed a whole family for less, don't need equipment

Cons: lower quality ingredients, high in fat, sodium, fried, affordable and therefore an excuse for lower income citizens, too easy, high calorie count, empty calories, no nutrition, processed, high in trans fats, higher risk of heart disease

Economics: high-employment industry, young people, seniors, and unskilled workers can find part-time jobs, high sales, helps farmers (cattle, pigs, chickens, etc.), pay taxes, most are big sponsors of charities as part of marketing, help other businesses (movie theaters, sporting events, local neighbourhoods), usually pay minimum wage, no benefits, job creation, spurs spending

Olympics: Amateur vs. Professionals

Games: big business, sponsorships, every country, elitism, showing off, national pride, opening ceremony, infrastructure investment, low ROI (return on investment), decrepit structures (e.g., China, Sochi), IOC (International Olympic Committee) often accused of corruption, taking bribes, biased judging, doping (performance-enhancing drugs), cheating, medals, controversy, summer/winter, political, tradition, national team, flagbearer

Amateurs: passionate, not doing for the money, sacrifice bodies, determined, proud, represent one's country, get sponsors, break/set records (e.g., Michael Phelps), not famous before games but national heroes after, true athletes, the spirit of the Games

Professionals: grow the sport, branding, don't do for money but national pride, unfair advantage, (e.g., USA basketball team), major draw/attraction, sell tickets, increase TV viewership, take a break from own league games, risk injury and careers, high insurance costs, famous names,

Miscellaneous

Water: desalinization plants vs. financial aid to poor countries, irrigation systems, agriculture help, fresh water vs. salt water, drought, famine, aquifer, industry, pollution, sewage, up to 60% of human body is made of water, most of earth is covered in water, essential for life, more valuable than oil (or any other resource except air), can produce electricity (hydroelectric)

Cost of sports: equipment/gear (hockey, skiing, football, tennis, etc.), facilities, coaching, league fees, travel to games/meets, soccer is cheapest and most popular, injuries, cost vs. benefits, creates elitism, rich can play

Supplements/Synthetic nutrients: insufficient nutrition in modern foods, lifestyle makes good nutrition difficult, promotion, advertising, can supply millions, good for poor areas, big business, fight famine, portable (soldiers, space, hikers, etc.), cheaper than food

Aging: higher costs: more medical attention, retirement living, senior's homes, attendant care, pharmaceuticals, equipment (oxygen tank, incontinence supplies, etc.), baby-boomers vs. gens X, Y, millennials, longer working years/later retirement, affordability, loneliness, ageism

Government & food: food waste, promote composting, food insecurity, food business (health inspectors, taxes, regulations, license), laws (ban chemicals as preservatives, protect consumers from harmful materials, hormones, additives, pesticides), help local agriculture and livestock farmers, fair trade, boost trade with neighbours, humanitarian aid

Modern lifestyle: fast pace, fast food, smartphones with streaming, video games, online contact vs. face-to-face, expensive sporting activities and gear, long workdays, everyone drives, need to encourage riding bicycle to work, a lot of sitting, no time to relax, meditate, loss of identity, globalization, superficial/unfulfilling relationships, isolation

Pharmaceutical industry: big business, kickbacks, side effects, animal testing, excessive (more drugs than necessary), boutique vs. generic, high costs, stockholders main priority, seniors most vulnerable (cost and need), lobby groups, government support, addiction, easier to medicate than deal with the problem (ADHD)

Animals: fight loneliness (seniors), develop responsibility in children, sense of Other, need to be taken care of, eat lower quality meats not for human consumption, subjects of experiments for medical and cosmetics industries, can carry diseases, companionship

Allergies: peanuts, nuts, Epipen, lactose-intolerance, gluten, hay fever, antihistamine, dust, pollen, affecting immune systems, growing rate of allergies in children, mold, have to be careful what eating, deadly effects

other:

Questions

By knowing what to expect, you can prepare for any scenario. These questions are varied enough to cover many aspects of Health, Sports, and Nutrition such that you can draw on the ideas you have prepared to answer these questions and apply them to any that may appear on a test. Also, you will notice that some of the questions cover similar topics, yet these are presented differently according to the question type.

Make sure to distinguish between those questions that ask for an opinion, those that do not, and those that are hybrid.

Yes/no (don't forget the *why* or *how* questions that may be attached to this type of question):

- 1- Although most employers provide their staff with annual vacation time, many employees do not take advantage of this time and prefer to take the extra payment. Should companies make vacation time mandatory so that their workers can recharge? Why/why not?
- 2- People who are overweight are at higher risk of developing complications such as diabetes or heart disease. As a result, these people end up costing taxpayers more due to their need for medical attention. Should these people be forced to exercise and diet in order to maintain government health care support?
- 3- Should the use of GMOs (genetically-modified organisms) in foods, in order to make them last longer and be bigger, be prohibited?
- 4- As countries become wealthier, their populations eat more meat and dairy products. Is this a positive or negative development? Why?
- 5- Do you think that international sporting events help promote peace among nations?
- 6- Many people consider it wrong to use skinny models to advertise clothing and other products as it sends out a problematic message about body image to young people, especially girls. Should fashion companies be forced to employ models of a certain weight and/or body shape?
- 7- Some athletes these days earn much higher salaries than other professionals such as doctors, lawyers and engineers. Does this send a wrong message to young people who are encouraged to study hard for their future?
- 8- Some people view all heavyset people as fat and consider them lazy or greedy. Is this a fair view? Why else might a person be heavy?
- 9- Some athletes make millions of dollars to play children's games. Others, such as teachers, garbage collectors, and ambulance drivers, earn very little and yet work hard and contribute to society. Is this fair? Why? Why not?
- 10- Thanks to the use of pesticides and additives, fruits and vegetables these days all look beautiful. Some people think that the tradeoff for this perfect-looking produce is a loss of flavour in these products. Is this tradeoff worth it? Why? Why not?

other:

Agree/disagree

Do you agree or disagree with the following:

Do you agree or disagree with this statement/belief/idea?

To what extent do you agree with this statement/belief/idea?

Do you agree that _____?

- 11- Many people believe that preventing diseases is more cost-effective than treating them. They argue, therefore, that a nation should allocate a greater portion of its healthcare budget towards research rather than towards doctors, hospitals, and clinics.
- 12- It is up to schools to provide their students with healthy lunches.
- 13- The world has changed considerably over the last century. We move faster, work longer, eat less often and eat poorly. In some people's view, this modern lifestyle is making us sick.
- 14- Many people believe that overweight children are a product of their parents' negligence and that these parents should be held accountable for their children's health problems and costs.
- 15- Schools should teach young kids how to cook healthy meals.
- 16- International sporting events, such as the Olympics, are very costly and do not help the host country in the long run.
- 17- Restaurants are everywhere and ready-made meals are less expensive than preparing meals at home. As such, people do not need to learn to cook anymore.
- 18- All students should be forced to join a sports team in elementary school and encouraged to do so in high school so that they learn to be active.
- 19- People are living longer these days, but our modern lifestyle means that people are actually struggling and suffering for longer than in the past.
- 20- A poor diet is the major cause of poor health in all people.
- 21- Famous athletes have a responsibility to maintain a good image at all times because young children are looking up to them.
- 22- With a growing world population, and a consequent increase in demand for food, we need to produce more GM (genetically-modified) foods.

other:

Compare/contrast/ discuss (both)

- 23- As global populations age, there are growing calls for governments to provide quality health care to the elderly free of charge. Others counter that this segment of the population is a burden on a nation's healthcare system and that they should contribute more to its funding. Discuss both arguments and say which you agree with.
- 24- Those who knowingly harm their health by drinking, smoking, or engaging in dangerous activities, like riding a motorcycle or skydiving, should not be covered by government health programs. Discuss and state your opinion.
- 25- Some people argue that governments should spend more of their budgets on health, while others believe that education ought to be better funded. Compare the strengths of each argument and say on which area of public life governments should spend more.
- 26- Some people think that having a pet is of great health benefit to elderly people. Others think that having animals around them is potentially dangerous to these people. Compare and contrast the effects animals might have on the elderly.
- 27- Some parents want their children to be involved in competitive sports because they think it teaches them teamwork. Others think that this level of competition can harm a child's self-confidence or lead to selfishness. Compare both views and say which you agree with.
- 28- In today's competitive work environment, young adults do not have time to eat properly as they are too busy working hard to advance in their fields. Some people recommend that companies offer catered meals in the office for these workers or force them to take a full hour away from the office for their lunch breaks. Compare these two solutions.
- 29- Many doctors prescribe medication based on incentives they receive from pharmaceutical companies. This has led to a dangerous situation as people are becoming overmedicated. Some people advise that doctors should be forced to either stop accepting these rewards or tell their patients about their relationship with the drug companies. Compare these two options. Which do you feel would better serve patients?
- 30- Holistic approaches to medicine are becoming increasingly popular. As a result, people are going less often for checkups with their family doctors and seeking out other options, such as massages, acupuncture, and herbal remedies for everyday maladies. Compare and contrast the benefits of doing this.
- 31- Some people believe that sports is a waste of time and should not be a part of a school's curriculum. Others disagree, saying that sports is essential for a child's development. Compare these views and state your own.
- 32- Some people do not believe sports stars should be paid millions of dollars for playing a game. Others disagree, saying that athletes sacrifice their bodies for the entertainment of others who pay lots of money to see them play. Compare these views and state your own.

- 33- Some people argue that the use of preservatives in foods to make them last longer and therefore helps feed more people around the world. Others counter by suggesting that these chemicals harm people's health and should be banned. Discuss both arguments and say which you agree with.

other:

Advantages and/or disadvantages

- 34- Some people believe that the only way to raise a generation of healthy citizens is by introducing courses on good health practices in school curricula. What might be some advantages and disadvantages of doing this?
- 35- In some countries, medical treatment is free for everybody. In other countries, people must pay for their medical needs or for insurance plans that cover these needs. Compare the advantages of each approach and say which you believe is better for a nation.
- 36- Amateur sports, such as college basketball and football, or even Olympic events such as track & field, make a lot of money for TV networks, sponsors, and advertisers. Some people think that amateur athletes should be paid accordingly. What are some advantages and disadvantages of paying amateur sportspeople?
- 37- Recently, fashion outlets have responded to consumer pressure to use more "normal" and plus-size models in their magazines and advertisements. Do the advantages of this policy shift outweigh the disadvantages?
- 38- Many people believe that more children are becoming obese because they are allowed to spend too much time in front of a computer or television. They suggest that parents should set limits on screen-related activities and force their children to engage in outdoor ones. What are the advantages and disadvantages of doing this?
- 39- Famous athletes are often seen as role models for young children. As a result, parents want sports leagues to take stricter measures against athletes who behave poorly both on and off the field. Discuss the advantages and disadvantages of having sports leagues control their athletes off the field.
- 40- Restaurants that sell junk food are contributing to the poor health of a nation's citizens. Some people think these restaurants should pay higher taxes to help cover a nation's healthcare costs. Are there disadvantages to doing this? Do these outweigh the disadvantages?
- 41- More and more people are choosing to be vegetarian or vegan these days. They feel that meat products are unsafe due to the many hormones and chemicals used on animals. Do the advantages of vegetarianism outweigh the disadvantages?
- 42- Many countries are actively clearing fertile land that can grow many crops in order to make space for farmers willing to raise livestock. What are the benefits to a nation in doing this? What are the detriments?

- 43- Some countries are becoming more open to the use of previously illegal drugs as treatment for some illnesses. Marijuana, for example, is now seen as having medicinal qualities and should therefore be legal for use by patients with diseases such as cancer. Do you think the advantages of legalizing marijuana outweigh the disadvantages?

other:

Open: What (causes, reasons, effects, solutions)? Why? How? Who? When?

- 44- Obesity is a growing concern in many developed nations. What are some causes of this trend? What can be done to change it?
- 45- Today's children are increasingly at risk of becoming obese. Schools have a duty to incorporate more physical activities in their curricula in order to fight this phenomenon. Do you think that schools should make regular physical exercise mandatory? Why or why not?
- 46- Doctors should be responsible not only for treating patients but also for educating them on good health practices. Do you agree? What can doctors do to better educate their patients?
- 47- More and more kids these days are developing allergies such as to peanuts and conditions such as asthma. Some of these can be deadly. What might be some causes for this?
- 48- As a result of advances in research and development in the fields of health and nutrition, people are living longer these days. What are some consequences of this for a nation? How does this help a nation?
- 49- While most people would agree that home-cooked meals are healthier than store-bought or restaurant-made ones, many people still prefer eating out. Why is this so? How can people be encouraged to eat more at home?
- 50- Many doctors and governments now acknowledge that depression is in fact a disease, which many blame our modern lifestyle. What might be some aspects of modern living that have contributed to this growing epidemic?
- 51- Childhood obesity is growing concern in developed countries. Who is mainly responsible for this development? What are some ways to combat this trend?
- 52- Many parents believe that young children should not be allowed to watch violent sports such as football, wrestling, boxing, and mixed martial arts. Why might this be? When should children be allowed to watch these sports?
- 53- Young children these days are brought up with computers, video games, and high-definition televisions. As a result, many of these children do not appreciate being outdoors and active. How can parents encourage their children to be more active?
- 54- As there are more and more fast food restaurants in major cities, many nutritionists in government positions are calling for laws that force these restaurants to educate their customers about the ill-effects of eating their products. What are some ways restaurants can do this? Would this reduce the public's appetite for these foods?

55- In some countries, company employees must participate in daily calisthenics (exercises) before they begin their work day. What are the benefits of doing this?

other:

Choice/Preference

56- Schools are being increasingly pressured to introduce courses into their curricula that teach young people how to make healthier lifestyle choices. However, with limited budgets some schools are forced to choose among the varied courses. Which of the following courses do you think should be of highest priority?

Physical Education/Sports

Healthy Cooking/Nutrition

Money Management

Meditation

57- These days, fruits and vegetables no longer have seasons as they can be grown year-round or imported from other countries. Do you think this is a good development? Would you prefer to have some fruits and vegetables available only at certain times of the year?

58- More and more people are turning to homeopathic medicine, which uses natural ingredients and the body's own immune system to fight diseases and disorders. Most people still prefer traditional medicine based on chemical drugs and treatments. Which approach to medicine do you prefer? Why?

59- Health practitioners recommend that companies do more to encourage their staffs to be physically active. One way is to introduce calisthenics (exercise) into the workday, while others suggest subsidizing gym memberships. Which approach do you think will have more effect? Which option would you prefer?

60- Some people prefer to watch sports on television in the comfort of their own home. Others prefer to attend live games and be part of the cheering crowd. Which way of viewing sports do you prefer? Why?

61- Many parents push their children to join sports leagues as a way to make new friends. Others do it to help their children become competitive in preparation for the real world. Which approach do you think is more beneficial to a child's development?

other:

Examples

Introduction:

Examples are used in all essay types to support an argument or a point made. They should be concrete, that is, real and specific, not abstract and vague, and they must be relevant to the context of the essay and especially the paragraph they are in.

It is very important to note that examples can be personal, they can come from related fields (health examples for a health topic), or even unrelated fields as long as the light they shed on the argument/point is clear. Test takers should keep in mind that examples must *appear* real and true but do not necessarily have to be so. For example, you may reference research that doesn't exist, or the results of surveys that were never presented to anyone. The key is to present the ideas in these "examples" in a way that supports the point made and that has a sense of authority (i.e., it "sounds" believable, realistic).

Don't forget to introduce your example:

For example, for instance, to illustrate, in fact, this idea is supported by..., etc.

Scientific examples:

Research, studies, surveys, polls—conducted, presented, held, looked into, released by; found, concluded, backed up, supported, reinforced the idea that...,

Researchers, sociologists, linguists, scientists, lawyers, doctors, ... at
place/organization/school

Statistics—numbers, percentages, 120 per 1000, twice/four times more likely to, half as many

According to the U.S. Department of Health and Human Services, about 5% or less of the U.S. budget for health care is spent on prevention, with the bulk allotted to treatments and other expenses.

According to the CDC (Center for Disease Control), over 14% of all high school students have considered suicide, while almost 7% have attempted it. Moreover, based on a report from Yale University, bullying victims are 2 to 9 times more likely to consider suicide, while in Britain about half of suicides among young people are related to bullying. This supports the idea that mental health is as serious an issue as physical well-being.

Research conducted by Harvard University's Faculty of Medicine found that people who actively participate in sports develop stronger hand-eye coordination and in the long-term a superior attention to detail.

A recent report released by the Ministry of Economic Development and Growth suggests that graduates with a background in sports have a higher degree of strategizing abilities that translate into successful business careers.

This idea is supported by scientific polls in which participants were asked whether they would be more inclined to buy healthy foods if the prices were more affordable; over 72% of respondents said they would.

Nutritionists at the University of Toronto, who had studied the long-term effects of diets high in meat-proteins, concluded that significantly reducing the intake of red meats greatly lowers a person's cholesterol level and consequently his or her risk of heart attack.

A quick internet search shows that some of the larger food chains, including McDonald's, do in fact contribute to a population's health. McDonald's, for instance, runs and supports a charity called Ronald McDonald House, which provides housing to seriously ill children and their families as they undergo treatment.

(Note: Not all of the examples above are true. The schools named in these examples may or may not have conducted the research cited. These examples are presented to illustrate ways to present supporting evidence in your essays.)

Personal examples:

To illustrate, take my best friend, Lisa. After trying several fad diets, including Paleo, Atkins, and others, she was able to lose over 30 pounds each time. However, several months after each diet she regained more weight than she had lost. This is why doctors insist on a balanced lifestyle consisting of healthy eating, exercise, and mental relaxation via a hobby or some form of social interaction.

To support this idea, I need only look as far as my aunt. After seeing many specialists to no avail, she finally decided to try acupuncture to get rid of her migraines. Not only did the treatment work, it led to her discovery of other Eastern traditions, such as Yoga and meditation, which have over the years completely changed her life for the better.

My college football coach is a perfect example of this. He had been a national champion during his own college playing days, and so he knew not only how to motivate our team, but how to get us to work together toward a common goal. Now, as a team leader in my company, I employ many of the techniques he used with us on the field.

My own experience with this is a perfect example. Until I joined the basketball team in high school, I was a shy kid with low self-esteem. Being a part of a team provided me with the opportunity to make new friends, engage in something that I was good at and that raised my level of confidence, and learn what it means to be a winner.

Concrete, real-world examples:

Lance Armstrong: formerly an American professional cyclist who had won the Tour de France 7 times, until these wins were revoked when it had become clear he cheated by doping (taking performance-enhancing drugs). He used his fame and own experience in fighting cancer to found the Livestrong Foundation, an organization that helps cancer survivors.

PETA (People for the Ethical Treatment of Animals): a nonprofit organization fighting for animal rights. Their slogan is "Animals are not ours to eat, wear, experiment on, use for entertainment, or abuse in any other way." Among other things, they advocate vegetarianism.

Tiger Woods: the most famous and, for a long period, the best golfer in the world. A scandal broke out after it was revealed he had an extramarital affair and his wife divorced him. He lost many endorsement deals thereafter and his golfing career began to decline. He was the first athlete to pass the \$1billion mark for earnings.

Soccer: most popular game in the world, cheap, anyone can play, can play anywhere, ball can be made of old rags, goal can be two empty cans, has become international, industry worth billions of dollars, some of the highest-paid athletes, some teams richer than small countries, increasingly played by girls

Starbucks: founded in Seattle in 1971, this coffeehouse chain has grown to include over 23 thousand locations worldwide. The employees are referred to as baristas and enjoy special privileges such as company shares as part of their compensation package.

McDonald's: world famous hamburger chain. Famous for its 'golden arches' logo, this restaurant chain operates in over 120 countries, employing more than 375 thousand people and serving tens of millions of customers daily. Its success is based on its production line style of service and owning its suppliers. It has recently shifted its menu focus to healthier options to reflect modern lifestyle choices.

Doctors without Borders: an international NGO (non-governmental organization) that sends medical professionals to volunteer in war-torn countries and those hit by epidemics (mainly in developing countries). Their mission is to protect victim's rights and to bear witness.

Super Size Me: a documentary film by Morgan Spurlock in which he ate nothing but McDonald's for a full month. The movie tracks his diet and the consequent decline in his physical health. The movie's popularity led many fast food companies to expand their menus to include healthier food items.



Concrete, yet general examples:

Take for instance, a young girl whose parents come from a culture that views extra weight as a sign of prosperity. Even if this girl is taught about the risks of being obese, she will not be able to change the culture in her home until her parents are educated as well, and this will only occur as a result of the government's outreach.

To illustrate, consider the figure skater who works out for 14 hours every day in order to be competitive in this sport; regardless how successful he or she will be, this competitor will never earn nearly as much as a basketball or soccer player, yet he will continue for the love of the sport and the ability to reach a goal.

For example, a person who daily takes vitamins in pill form is much more likely to get his body's required supplements than someone who relies strictly on what he eats. In other words, foods these days are not as nutritious as they had been in the past due to additives and preservatives.

Facts:

Kids should consume between 1600 and 2200 calories per day—1 can of Coke has 139 calories. A Frappuccino from Starbucks has 420 (Coke and Frappuccino offer no healthful nutrients).

McDonald's is the world's largest fast food restaurant chain, with over 30 thousand restaurants in over 100 countries. A Big Mac contains 520 calories, but is not the highest-calorie sandwich on the menu. A full meal (with fries and a regular soda drink) has over 1000 calories. Some fast food chains sell single meal combos that are over the recommended daily intake of 2000 calories.

Average life expectancy (2015)—according to WHO (World Health Organization):

(Country: male, female)

Australia: 80.9, 84.8	Belgium: 78.6, 83.5
Brazil: 71.4, 78.7	Cambodia: 66.6, 70.7
Chad: 51.7, 54.5	China: 74.6, 77.6
USA: 76.9, 81.6	Japan: 80.5, 86.8
Italy: 80.5, 84.8	India: 66.9, 69.9
Jordan: 72.5, 75.9	Russia: 64.7, 76.3

Highest paid athletes (2016):**Basketball:** LeBron James: \$77.2 million (\$23.2m salary, 54m endorsements)**Soccer:** Cristiano Ronaldo: \$88 million (\$56m salary, \$32m endorsements)**American Football:** Cam Newton: \$53.1 million (\$41.1m salary, \$12m endorsements)**Baseball:** Clayton Kershaw \$32.8 million (\$32m salary, \$800k endorsements)**Boxing:** Floyd Mayweather: \$44 million (\$32m salary, \$12m endorsements)**Tennis:** Roger Federer: \$67.8 million (\$7.8m salary, \$60m endorsements)**Golf:** Phil Mickelson: \$52.9 million (\$2.9m salary, \$50m endorsements)**Auto Racing:** Lewis Hamilton: \$46 million (\$42m salary, \$4m endorsements)

Highest paid female athletes (2106)—Tennis: Serena Williams \$28.9 million (\$8.9 salary (winnings), \$20m endorsements); **MMA:** Ronda Rousey \$14 million (\$10 salary, \$4m endorsements); **Auto Racing:** Danica Patrick: \$13.9 million (\$7.9m salary, \$6m endorsements); (8 out of the top 10 highest paid female athletes play tennis).

Terms:

Deforestation— cutting down of trees to clear land so that cows and other livestock may be raised there. This has a major impact on the environment. This is a major issue in Brazil, for example.

Sustainability— the ability to maintain a certain resource or approach. For example, clearing land for cattle grazing is unsustainable as the land will eventually run out and lack of vegetation will lead to erosion.

Empty calories— food or drink that contains calories yet provides minimal to no nutrients. A major cause of obesity (e.g., sugary drinks, fast food, etc.).

Fad diet— a diet that becomes very popular and that promises very quick weight loss. These diets are usually unhealthy and unsustainable. Often made popular by celebrity use. Examples are the paleo diet or the Atkins diet (no carbs (bread, rice, etc.), dairy, or processed foods).

Superfood— foods considered high in nutrients

Organic— food farmed or grown without the use of man-made fertilizers, pesticides, or other chemicals (natural).

Gluten free—products that do not contain gluten, which is a protein found in wheat, rye, and barley.

Other:

Sample Essays

It has become common in recent years to hear about professional athletes being involved in violent crimes. Some people argue that sports leagues and teams do not do enough to minimize violence in their respective sports or to punish these athletes, thus sending the wrong message to young fans.

Discuss some actions teams can take to protect the respectability of their sport.

More and more we hear professional sports teams defending the increasing levels of violence in their leagues. They often claim that their athletes are very passionate and competitive and that these attributes often manifest themselves in emotional outbursts. Yet, when these athletes act violently outside the rinks and stadiums, management simply tries to minimize the noise and hope it goes away. What they do not seem to realize is that young fans who see these stars being excused for their actions assume that these actions are somehow acceptable.

If professional sports organizations want to maintain any form of integrity, they need to change their attitudes towards violence. More specifically, they need to demonstrate to their young fans that not only is violence not appropriate in the game, it is absolutely intolerable in civil situations. Among the steps teams can take would be to introduce a zero-tolerance policy for violent behavior as long as the athlete plays for them. This policy would make it clear to all athletes that they are fully responsible for their actions. Moreover, it would ensure that all players, regardless of contract size or star power, are treated with equal severity. For example, an elite football player will not be allowed to think that he is somehow special because of his talents. Rather, he will know that his actions will be met with justice in the same manner as an unknown rookie.

Yet, even this policy would be meaningless if the athlete continues to receive payments from a sponsor. As such, sports teams must instruct all companies, such as Nike or Adidas, to include a clause in their contracts that automatically suspend all agreements with a player if he is charged with a violent crime. If further investigation reveals that he is indeed guilty, his contract must be terminated right away. Companies that do not adhere to these rules should be prohibited from working with other athletes on the team.

Ideally these actions will show that professional sports teams care about the well-being of their young fans, not only about profits. Moreover, these teams will, indirectly, help create a better and safer society for all of us.

(360)

These days, it seems that hosting a large international sporting competition, such as the Olympics or World Cup, is less about national pride and sports and more about money. Countries should therefore not spend billions of dollars on events and venues that mostly do not help the country fix its real problems but only serves their politicians.

To what extent do you agree or disagree with this idea?

Sports, from the days of the Greek Olympiads, have brought people together to celebrate a nation's pride and strength. Over the past century or so, however, organized sports events have become political and corporate tools that overshadow the sports and athletes themselves and end up costing taxpayers billions of dollars that could be better spent elsewhere. I fully believe that politicians need to set aside their own interests and focus their energies and the nation's budget on their citizens.

A nation that wants to show the world its power should do so through its people. A nation in which there are few or no homeless people, for instance, ought to be much more admired than one that spends billions of dollars on buildings and swimming pools and soccer stadiums. When one looks at China, as an illustration, one will see that there are many poor farmers and others who can barely survive, whereas the expensive infrastructure that was used to host the 2008 Olympics is mostly in ruins and disuse. A country that wants to promote an image of strength can do so by supporting their athletes and sending them to compete overseas while building homes and hospitals at home for their citizens.

As for a nation's pride, this too is questionable as it has become very clear that many of the world's biggest sporting organizations allot hosting privileges based on corruption, fraud, and other crimes. In some nations, in fact, the hosts even engage in violations of human rights in order to satisfy the needs of the sporting conglomerates, all for the sake of showing the world that they too can accommodate the world's elite. If, on the other hand, one looks at the best athletes in the world, one will see examples of dedication, sacrifice, and hard work, the true cornerstones of dignity and prestige. Politicians should take notice and act similarly.

In conclusion, sports can be a powerful tool to convey a nation's strength and unity. Unfortunately, however, the sports themselves and the athletes who participate in them have become tools for the world's leaders, and this situation needs to change.

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Schools should take more responsibility for the health of today's children.

To what extent do you agree or disagree with this statement?

Children these days have many options when it comes to food and physical activities. However, with so many choices and little understanding of health issues they do not always choose wisely. Some people suggest, therefore, that schools be held more accountable for these kids' health. While I agree that schools ought to do more to educate students regarding their health, I believe it is the parents' duty to look out for their children's well-being by guiding them toward better decisions when it comes to eating and exercising.

A child's parents are the first line of defense against obesity and disease. They ultimately make the decisions that affect their offspring's long-term condition; they do the shopping, enroll their children in sports activities, and serve as role models at home. As such, they have to ensure that their children see and understand what is good for them and what is not. For example, parents who order pizza regularly will teach their children that this is normal and that pizza is considered a quality meal. If, moreover, these parents do not exercise, neither will their child. Over time, these children will be more susceptible to illnesses as they will not have been properly conditioned to think of their own well-being, and because they view adults as responsible, they will simply copy the behaviours they witness.

Schools, on the other hand, are responsible for children's education. They should therefore include health awareness classes in the curriculum and have mandatory, daily physical education programs. That being said, schools have no control over what a child sees at home. Furthermore, as teachers have new students every year, they have no personal investment in each child's fitness. These conditions make schools less influential in maintaining their students' wellness, and thus they cannot be held fully accountable when students sit on the couch all summer watching movies, or go to McDonald's for dinner with their parents four times a week.

In conclusion, schools have the power to educate students on proper nutrition and the importance of exercise. However, it is up to parents to reinforce this education and to model a wholesome lifestyle for their children to follow.

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Many people believe that having a pet in the home, such as a dog or a cat, during a child's first years of life is beneficial to that child's development.

To what extent do you agree or disagree with this belief?

A young child is like a sponge; it absorbs everything around it, from its parents' speech to the roar of an airplane. As such, some people believe that a child raised with a pet absorbs certain attributes that will affect it for the rest of its life. I completely agree with this idea. I believe a pet teaches a young child to connect with nature and to be socially responsible.

A child that grows up in the city has few opportunities to develop an attachment to nature. He is surrounded by concrete and glass buildings, mechanized vehicles, and city noises. Having a dog at home, or a cat, a fish, or even a snake, allows the child to see and engage with things that are not natural to urban settings. This interaction is more likely to provide the child with a broader knowledge of the world he lives in and will make him more open to new ideas and possibilities because he is not confined to the orderly and constructed world of humanity. He will learn that a cat will play by its own rules, that a fish dies young, or that dogs care only about food and attention. Later in life, he may apply these lessons to the real world, where, even in cities, nature abides by its own sets of laws that humans cannot transcend.

Moreover, a child that grows up with a pet learns earlier in life about the concept of the Other. Animals are living things, not store-bought toys that can be discarded when the child tires of them or outgrows them; if a child mistreats his dog, his dog will mistreat him. Furthermore, he will learn responsibility by having to feed the dog regularly, walk it, bathe it. All this will translate, hopefully, into an understanding that animals also feel something, just as other people do, and that he has to treat others well if he wants to be treated well by them. In essence, a child that grows up with a pet will probably be an adult well suited for a social life that demands responsibility and duty to others.

In conclusion, having a pet early in one's life helps a child become an adult with a broader understanding of and appreciation for the world and the people around him.

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An old proverb states that “you are what you eat.” Today, this would suggest that, as a result of our diets, we are full of chemicals, hormones, and artificial substances that are injected into foods to make them bigger, prettier, and longer-lasting. Some people believe that this is making us unhealthy and should be stopped. Others believe that food today is part of the reason we have an increased life expectancy.

Which opinion do you agree with?

How a person can maintain a healthy diet despite the use of these chemicals?

Walking into any supermarket in the industrialized world today, one will be greeted by a dazzling display of fresh produce. Yet, beneath the spotless apple skins and banana peels is a pharmacy of additives that are responsible for this appearance. Some argue that these unnatural inclusions in our foods are killing us. Others counter by suggesting these additives are in fact aiding our longevity. I tend to lean toward the latter argument, though with the caveat that an over-consumption of certain additives is likely to be unhealthy; furthermore, as this essay will demonstrate, there are many ways a person can still eat nutritious meals.

Firstly, one must take into account the variety of fresh foods available nowadays. What used to be accessible only regionally and seasonally is now available everywhere and year-round because of the preservatives that allow it to survive transport to far-off places. As a result, our diets have changed significantly; for example, research has shown that children are likely to eat more fruits and vegetables when they have a variety to choose from. Moreover, before the introduction of these preservatives, foods would rot very quickly, often leading people to eat expired products that made them ill. The addition of certain elements into foods extends their shelf life while retaining their nutrient content and preventing the growth of harmful bacteria. In the long run, this has likely contributed to our increased health.

That being said, there are different categories of preservatives, including those that are harmful if consumed in large amounts. This is especially true of processed foods like meats and cereals. The addition of dyes and flavor enhancers certainly do not provide us with nutrients, and are harmful when consumed in large quantities; however, we can choose what we consume. We may choose to eat only organic foods; we may purchase products directly from the farms where they are grown or raised; we may refuse to digest artificial foods. In other words, we can control what we put in our mouths and thereby maintain a healthy diet.

Ultimately, the proof lies in the fact that we are living longer these days despite the increased use of food additives. This would suggest that, given proper attention, the quality of foods available to today is in fact beneficial.

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More and more businesses are starting to introduce daily exercise periods into their workday schedules in order to encourage their employees to be more physically active.

What are some benefits of doing this?

Should companies be able to force their staff to participate? Why?

In today's business environment, a healthy worker is a productive worker. As such, many companies encourage their staffs to be physically fit and take breaks from sitting at their desks. Companies, not to mention their workers, can garner many advantages by being less sedentary, though, ultimately, this needs to be a voluntary decision.

Among the advantages of exercise breaks during working hours is the chance to get the muscles active and the heart pumping. Countless studies have shown that doing this increases the flow of blood to the brain, thereby making a person sharper and more attentive to his tasks. Needless to say, a worker thus engaged will produce better quality work with fewer mistakes. Moreover, managers can incorporate team-building exercises into the workout as well, hence killing two birds with one stone: having a team that is physically fit and one that knows, trusts, and appreciates its members. In all, the benefits of exercise, under proper supervision, can be unlimited.

Nevertheless, employees should be encouraged to participate by choice rather than by intimidation. Mandating employee exercises may alienate some people and leave them feeling disrespected. Conversely, workers who see their peers feeling and performing better will most likely want to draw on this energy and join the routine of their own choosing, consequently also becoming more engaged. Managers must also realize that some people are already fit and do not need breaks as they visit a gym in their spare time or even during their lunch breaks. Thus treating employees as responsible adults will further add to their appreciation of the company.

In conclusion, helping employees stay active during work can be a great way to get the most out of them and to build a strong team. Yet, it is important to respect and treat these workers as grown-ups.

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More and more food processing companies are moving toward reducing the number of genetically-modified (GM) ingredients in their products as a result of consumer anger. Many consumers feel that GM products are unhealthy.

What are some positive and negative aspects of GM products? Do you think food manufacturers should limit the use of GM ingredients in their products? Why, or why not?

With technological innovations come both beneficial and harmful effects. For example, through the use of gene modification scientists today can increase crop yields and raise larger cattle to feed the masses. However, while this technology thus provides an overall benefit, one must also consider the negative consequences associated with it.

On the positive side, genetically-modified (GM) foods allow farmers to increase the output of their products. This has two beneficial outcomes for food processors: firstly, it allows the producers to increase their profits, which in turn reduces costs for the consumer; secondly, an increased crop yield or meatier cattle ensures that the population has ample food supplies. In Asia, for instance, scientists have been able to produce rice grains whose yield is four to five times greater than what had been the case before GM production. This means that as the population grows, food supplies are able to keep up with consumer demand.

In contrast, GM foods are a relatively new phenomenon whose long-term health effects have not had a chance to clearly manifest themselves. Many consumers believe that tampering with nature leads to illnesses; in fact, surveys have indicated that many people relate the rise in global virus and cancer epidemics to the increased consumption of GM-produced foods. They believe that hormone injections and other chemical and biological food additives decrease one's natural ability to fight diseases. Though this belief is debatable, food manufacturers should pay attention to the opinions of their customers; consumers, in turn, should allow more time and research in order to have a clearer picture of the health risks involved with GM foods.

In conclusion, until more evidence is presented that clearly demonstrates a negative effect arising from the consumption of GM foods, I believe that these products serve a positive role as we witness a growing global population. As such, food producers should only limit these products' use to the extent that they do not alienate consumers completely.

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Some people think that by making fast food more expensive people will consume it less and be healthier. As such, they want the government to tax these businesses more heavily in order to push up prices.

Would the advantages of higher prices on fast food products outweigh the disadvantages?

Consumers have various reasons for dining at fast food establishments, notably time, money, or convenience. Undoubtedly, these meals are generally not of great nutritional quality, yet governments ought to discover people's motivations for eating them before attempting to make them pricier. Over time, they might discover that the benefits of a tax increase would likely be insignificant compared to the detriments.

To begin with, one must consider the consumer. Aside from those wanting an occasional snack or a quick bite between appointments, the majority of customers who regularly dine at fast food restaurants are those who cannot afford quality ingredients at the supermarket, or a properly equipped kitchen at home in which to prepare nutritious meals. In other words, one of the major appeals of this cuisine is its affordability. Removing this feature will not necessarily lead to a healthier population; on the contrary, it may in fact increase the rates of illness among poorer communities that will be forced to choose the cheapest items on these restaurants' menus.

There are of course potential benefits as well. Fast food establishments can be encouraged to improve their food quality in exchange for tax breaks, thereby making their customers healthier in the process. However, this change of business model would incur heavy costs in terms of food production and staff retraining and would, accordingly, drive up prices as well. In the long term, this option would lead to the same results as increased taxes.

In conclusion, while a portion of the population would benefit by eating less fast food, those who have no other choice would be harmed even more than at present. Thus, if the government truly wanted to help, they should instead subsidize producers of healthy foods.

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Many people see animals as tools to be used by humans to better their lives. They believe animals should help feed us and keep us healthy by being subjects to experiments that will lead to new medications and medical processes. Others believe that animals should have the same rights to a good life as humans.

Discuss both views and state your own.

Many people consider human beings' position at the top of the evolutionary chain as justification for the exploitation of animals. While it is true that animals can be of great benefit to human survival, this should not allow us to take animals for granted and treat them cruelly. Animals have as much right to a "good life" as human beings.

A good life, by most human accounts, implies freedom from pain and suffering. Research has demonstrated consistently that animals have the capacity to feel pain and to suffer when removed from their natural habitats. A lion in a cage, for example, walks back and forth with its tail lowered as sign of the stress it feels. The fact that many animals will not breed in captivity is another sign that they are suffering.

While many might agree that keeping animals in a cage at a zoo is inhumane, they will nevertheless find it reasonable to keep animals caged at a laboratory to undergo experiments that help humanity in the long term. Experiments that lead to discoveries of cures for common diseases like cancer or AIDS make arguments against animal exploitation hard to defend. The same applies to breeding animals to provide humans with food like meat and dairy products, or hunting animal populations that grow out of control.

This argument, in fact gains more traction as the world's human population grows. However, if one was to be properly educated, one would realize that it is quite possible to live a healthy and long life without consuming animal-based food products at all. One merely has to interview some vegans to see that they seem to do quite well for themselves. As regards most lab experiments targeting animals, these are done less for human well-being than for human ego as animals are often sacrificed in search of better cosmetics and soaps.

In the final analysis, human beings are well positioned to take advantage of the world around them and extract what benefits they can from it. While this may involve using animals for their health and nutritional needs, human beings should always keep in mind that animals should be treated with the same respect as any human who wants to live a "good life".

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Many of today's professional athletes earn much higher salaries than other professionals, even doctors and lawyers. Some people feel that this sends a wrong message to children, who should be encouraged to study hard and aim for more meaningful careers.

Do you agree with this position, or do you feel that athletes contribute to the well-being of a society?

A career in medicine or law is considered very noble and philanthropic, yet there is no reason to think that athletes offer society any less value for their work. Whereas some parents would like their kids to focus on academic subjects at school, I believe that athletes have much to teach children; things like discipline, perseverance, and following one's dream cannot be learned in books. Moreover, athletes provide society with entertainment, a sense of local pride, and even cultural significance.

School is doubtless a place where children can develop their skills and gain knowledge for the future. At the same time, it is a place where kids can and should be encouraged to cultivate their overall characters. Sports goes a long way in doing this. Children who join a school team, such as baseball or soccer, can learn social skills such as fair play, a shared responsibility, and selfless participation. They can also learn the value of defeat, which prepares them for the real world of adulthood. Athletes, therefore, especially those who earn high salaries as a result of their strong efforts, can be great role models for young people who need to understand that the path to a successful career, whether in sports or medicine, starts with determination and hard work.

Indeed, society wants its best performers to lead the way for the next generations. Athletes do this no less than the professionals who work for the greater good of humanity, and thus they deserve their high salaries. Sports stars do this by demonstrating their skills at games, by using their fame to raise awareness of social ills, and by exposing their culture to the world when representing their cities or nations at competitions. Furthermore, athletes allow a local fan base to rally behind them and cheer for them when they might have little else to cheer about. Life does not happen only in classrooms and offices. It happens on the streets as well, where people want to be entertained and to feel that they belong to something greater than themselves.

In the final analysis, athletes do contribute to the well-being of society and have much to teach young people who look up to them. As such, they rightfully earn their salaries and should be admired just as much as any professional in any field.

(386)

Many vegetarians and vegans believe that they are not only improving their own health, but that they are also helping the world in general.

What are the advantages and disadvantages of not eating meat?

Do you agree that vegetarians and vegans are helping the world by their actions?

Lifestyle choices are varied, especially when it comes to eating. Those who refrain from consuming animal products believe that not only are they making healthier choices, but they are benefiting the world at large. While there are likely benefits and detriments to a vegan diet, I doubt this choice has much impact on the rest of the world.

Firstly, those who do not eat fish and meat often abstain for moral or religious reasons. For some it is simply immoral to eat animals because they are living creatures. Others, such as practitioners of the Jain religion, believe that consuming or otherwise harming other living beings impedes the liberation of one's soul. Thus a vegan can gain spiritual or moral comfort from this choice.

On a more practical level, however, the health benefits of veganism are debatable. There are those who consider red meat high in cholesterol and therefore unhealthy. Others counter that animal products contain essential proteins and other nutrients that fruit and vegetables simply cannot match. Thus, in terms of one's well-being, this choice is again a matter of personal preference and an attention to one's dietary needs.

Putting personal health aside, to suggest that veganism aids the world seems a bit of a stretch. Of course one can argue that eating less meat means less land, especially forested land, is wasted on grazing space to raise cattle. On the other hand, if humans did not kill animals, the latter might take over the land anyway. For instance, hunting is encouraged in some countries as a means of controlling animal populations, such as deer, that would otherwise grow and encroach on human habitations in search of food. In other words, killing animals serves the dual purpose of saving land for crops and feeding the world's human population. Consequently, not eating meat products or fish would simply imply killing them as a form of pest control rather than a food supply.

In conclusion, veganism, though a commendable lifestyle choice, should remain a personal one based on a person's health condition. As far as its impact on the world, it is likely minimal, and could even be detrimental if it becomes too popular.

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Recent studies have shown that as the costs of competitive sports increase, for example in terms of equipment, league fees, travel, and so on, so too do rates of obesity among children. Some people believe the government needs to subsidize sporting activities for children to help keep them fit. Others believe that it is up to parents to ensure their children are active and healthy.

Compare the strengths of both views and state your own opinion.

Keeping children fit these days is very expensive. However, treating adults with complications due to obesity developed in childhood is even more costly. It is no wonder then that people want governments to somehow mitigate these expenses by making sports more affordable. On the other hand, it is understandable that some lay blame on parents for allowing their children to develop sedentary lifestyles. While both arguments have merit, I believe the best solution requires a combined effort by both authorities and parents.

To begin with, sports have become a conglomerate of associations and competitions that promotes winning and being well-equipped over having fun. Thus, kids need to buy hockey skates, tennis rackets, and special shoes, for example, and pay to join a program or team. In other words, sports and health are becoming luxuries that only high-earning families can afford. By giving families tax breaks on healthy spending, governments can, in the long run, actually save money in terms of healthcare costs as more children will maintain active habits as they get older. More importantly, this will make sports fun for kids and their parents and consequently make healthy lifestyle choices more attractive.

At the same time, parents need to encourage their children to go outside and play or to engage in a sport. They need to set time limits on computers and other devices and participate with their children in these fitness activities. After all, children learn from their parents, and if the parents ride bicycles with their children or play games with them, the children will consider these activities more natural. In contrast, parents who are lazy and use the television as a babysitter are doing their children a great disservice.

In the final analysis, governments can and should help kids be more active in terms of affordability by rewarding active parents who look after their children's health. Likewise, governments can levy higher taxes on parents whose children develop health problems due to a lack of exercise. Ultimately, the only solution is a combination of government assistance and parental will.

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NOTES

Did you discover some new vocabulary in this book?
Write these new words below. Practice using them in sentences:

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