问题：

格式：段首空3个字母

字数：不超过130

结构：段落 比重

审题：主题 要点是否齐全（主要在第二段）

junk food 在文中出现6次

topic sentence:

What can we do to have a balanced diet?

首段：概述 （no details: make our bodies stronger）

开门见山：As we all know, nothing is more important than a healthy body. And a balanced diet , to a certain degree, contributes to a healthy life.(杨宇峰)

山路十八弯：The way people live is becoming unhealthier and unhealthier. People like eating delicacy that is unhealthy but delicious. Although they know the importance of a balanced diet, they don’t pay attention to it.

关键词： benefits advantages (tips/suggestions、examples)

表达：好好说话。

正例：Nothing is more important than living a happy life.

Health is the key to a happy life. (黄遵)

People who keep a balanced diet are more energetic and less likely to be attacked by diseased.(梁嘉灵)

反例：Your cells would take an active activity and…

Diet is with us as long as we are alive with energy.

It is proved that a balanced diet plays an important role. A balanced diet is of much benefit to us.（祖母式唠叨）

人称： 你我他

中式表达：it can make people

高频词汇句式：

health vs healthy

grow 的用法：grow healthy and strong

I grow some roses in my garden.

Plants cannot grow without water, soil and sunshine.

He is growing old/ impatient.

Boys will grow into men.

Make sb do sth help people keep healthy by doing sth/with sth

Not only… but also…

To sum up/in all/ in conclusion/ in a nutshell

满足孩子的生长发育所需

It offers what children need to grow up.

Nothing is more necessary than a balanced diet for a child’s growth.

Kids can grow healthy and strong with a balanced diet.

It gives children what they need during their growth.

控制体重

Help them take control of their weight

It also helps to keep their weight down.

…the key to weight control

…watch one’s weight

使人精力充沛，减少生病风险

…make people full of energy, which reduces the risk of falling ill.

Not only does it make you feel energetic, but also cut down the risk of getting sick. (倒装句的正确用法)

A balanced diet not only keeps people energetic, but also reduces the risk of falling ill, which helps people a lot in staying healthy.

Example：

The importance of a balanced diet

A balanced diet is one that provides people with nutrients, vitamins and minerals. Its benefits are listed as follows.

First of all, a balanced diet is what children need to grow healthy and strong. Thus, it is suggested that kids have more vegetables and fruits while fat and energy be cut down on their menu, which can help them control weight. Second, people having a balanced diet are believed to be more energetic and healthy, reducing the risks of falling ill. Last but not least, people with a balanced diet are usually in a cheerful state of mind. As a Chinese proverb goes, a light heart lives long.

In a nutshell, the importance of a balanced diet cannot be over stressed/ emphasized. (127 words)