

UNIT 4 A DIGITAL REVOLUTION

READING I

PREVIEW THE READING



A. Quick Discussion

Discuss these questions with your classmates.

1. What do you think are the main reasons people use social media?
2. How has social media changed the way people communicate with each other?
3. What are some positive effects of social media on society?
4. How can people use social media in a responsible way?

READING I

SOCIAL MEDIA



Social media has become an essential part of daily life for many people around the world. Platforms like Facebook, Twitter, Instagram and Tictok help users connect with friends, share moments, and stay informed. It is a tool that can be used for communication, entertainment, and even work, which is why its use continues to grow.

One of the main reasons people use social media is to stay connected. For example, many people use Facebook to stay in touch with family members who live far away. A teenager might share a photon on Instagram to celebrate a birthday, and their friends can instantly like or comment on it, making them feel connected even if they are miles apart. Social media is a way to discover news, events, and trends. If you follow a popular news channel or an influencer, you can quickly learn about the latest happenings, whether it is a global event or a local concert. Additionally, social media provides a platform for self-expression, where people can share their thoughts, photos and videos. Many artists use Instagram to showcase their work, gaining recognition from a global audience.

However, social media also has its negative effects. One of the most concerning issues is its impact on mental health. A recent study found that teenagers who spend more than three hours per day on social media are more likely to experience anxiety and depression. For example, a high school student may scroll through Instagram and see friends posting photos of a party they weren't invited, leading them to feel lonely. Another issue is the spread of misinformation. Since anyone can post content, false or misleading information can easily be shared, leading to confusion and misunderstanding.

To sum up, social media offers many benefits, such as helping to stay connected and entertained. However, it also brings challenges and the spread of false information. It is important to use social media in a balanced way to enjoy its advantages while minimizing its harmful effects.

B. Fill in the blanks with the words in the box. There are two extra words.

recognition	trend	essential	misinformation	stay in touch
confusion	showcase	scroll	provide	impact

1. In today's world, it is _____ to have access to social media to connect with others and stay updated.
2. I _____ with my old friends via social media platforms like Facebook and Instagram.
3. Many people use their phones to check their social media accounts and _____ through their news feed.
4. The way influencers look or act on social media can set a new _____ among their followers, making others want to copy their style.
5. Most parents are worried about the negative _____ of spending too much time online because their children have difficulty in focusing on their academic studies.
6. False news and rumors about the market in our neighborhood spreaded quickly, causing _____ among its customers.
7. Many celebrities enjoy _____ for their online content, with thousands of people praising their creativity and style.
8. Most shopping malls _____ facilities for both children and adults especially, at the weekends.

C. Read the article and choose the correct option.

1. What is one of the main reasons people use social media?
 - a. to share news articles
 - b. to stay connected with friends and family
 - c. to avoid communication with others
 - d. to increase personal privacy
2. Which of the following is a negative effect of social media mentioned in the passage?
 - a. It helps people stay in touch easily
 - b. It provides face-to-face communication
 - c. It can lead to feelings of loneliness and anxiety
 - d. It helps spread accurate information quickly

3. What can influencers set among their followers?

- a. An idealized lifestyle
- b. A perfect image of friendship
- c. A new trend
- d. A fear of missing out

4. Which one is a common problem caused by social media?

- a. The ability to express opinions freely
- b. The spread of misinformation
- c. Encouragement of in-person communication
- d. Better access to education

5. How can social media be used positively?

- a. By isolating oneself from others
- b. By sharing misleading news
- c. By staying updated with current events and trends
- d. By avoiding face-to face interactions

D. Are the following sentences True or False? Correct the false ones.

_____ 1. Social media is a great tool for self expression, allowing people to share their opinions, photos and videos.

_____ 2. Influencers spread false information intentionally to confuse people.

_____ 3. It is important to use social media in a responsible way to avoid its negative effects.

_____ 4. Social media encourages users to constantly compare themselves to others.

_____ 5. Social media should be avoided entirely to prevent any potential harm.



WRITING I: Problem Solution Essay

PROBLEM SOLUTION ESSAY

In this unit, you are going to write a problem-solution essay about a health condition, a bad habit, or an environmental hazard. Problem-solution essays describe a problematic situation and ways to solve it. They may explain causes and/or effects of a problem. In addition, they usually emphasize the writer's opinion or advice about which solutions to the problem are the best. Like all essays, a problem-solution essay contains three parts.

STEP 1 Previewing

For a problem-solution essay, the first prewriting step is to select a topic that you know well enough to describe clearly. Select a problem that you feel strongly about and one that can be solved in specific ways. The prewriting step also includes brainstorming about the problem. Why is it a problem? What are its causes and effects? For example, if your topic is smoking among young people, you might ask yourself: Why is smoking bad for teens? Why do they do it? What effects does it have on their health? What are the best, most effective ways to prevent or stop teens from smoking?

Your Own Writing

Choosing Your Assignment

Choose Assignment 1 or Assignment 2.

1. Describe a health-related problem that you or someone close to you has experienced.

Choose a problem that you believe can be solved or improved. For example, you could write about friend who suffers from bad migraine headaches or asthma, or an uncle who is overweight. Discuss the causes and effects of the problem and give two concrete solutions or ways to improve it.

2. Describe a health problem that is caused by something natural or human-made in the environment. For example, you could discuss the hazards associated with second-hand cigarette smoke, or you could describe damage to the skin and eyes that can be caused by the rays of the sun. Give two concrete solutions or ways to improve the problem.

Finding out More

A. Learn more about your assignment before free writing about it. Online or at the library, locate information about the health problem.

*Search for or look up the name of the health condition, bad habit, or environmental hazard.

*Note the meanings of special words used to discuss the problem.

*Locate new as well as older solutions to the problem.

B. Write for 10 minutes about your assignment. Here are some questions to get you started:

*What are some of the causes and effects of the problem?

*How have people tried to solve or improve the problem? - Which solutions have been the most helpful? the least helpful?

C. Complete the problem-solution chart. List your problem, explain why it's a problem (including its causes and effects), and suggest two ways to solve or improve it. Fill in as much information as you can. You will have a chance to review, change, or add information later in the unit.

Problem (and why it is one)	Possible Solutions

STEP 2 WRITING THE FIRST DRAFT

THE INTRODUCTION

In a problem-solution essay, the introduction usually gives background information about the problem, for example, why it happens, who it affects, and when or where it occurs. It may also describe how people feel about the problem and/or define key words people use to discuss it.

Example:

Background Information:

Doing exercise is important to stay healthy, but fewer and fewer people are able to exercise regularly. This is especially true for adults. Adults often complain that they don't have enough time to follow a daily fitness, or exercise routine because of their work, school, or family responsibilities. On the other hand, doctors tell us that a regular exercise is essential to keeping our bodies healthy and working properly. Not getting enough exercise can lead to poor health, but there are some simple steps people can take to increase their physical activity.

***The thesis statement briefly describes the topic and gives the controlling idea. The controlling idea explains why something is a problem and hints at the possible solutions you will present in the body of your essay. The thesis statement may be one sentence or two sentences.

Example:

<i>Topic</i>	<i>why it is a problem</i>	<i>hints at solutions</i>
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<u>Not getting enough exercise</u>	<u>can lead to poor health,</u>	but there are <u>some simple steps</u> <u>people can</u> take to increase their physical activity.
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Planning Your Introduction

A. List the background information you will need to include in your introduction.

B. Write a draft of your thesis statement. Make sure your thesis statement clearly explains the problem and hints at the solutions you will present and justify in the body of your essay.

THE BODY

In a problem-solution essay, you begin by convincing your reader that a problem exists and is serious. You then give one or more solutions to the problem. There are many ways to structure a problem-solution essay. One of the simplest ways is to present the problem in detail in the first body paragraph and give the solutions in the second body paragraph.

Your essay will use the following pattern:

Paragraph 1	Introduction to the Problem + Thesis Statement
Paragraph 2	Problem: Reasons why it is serious
Paragraph 3	Solutions: Steps to Take and How to Follow Them
Paragraph 4	Conclusion

Writing Topic Sentences

As you learned previously, each body paragraph must have a clearly stated controlling idea. In a problem-solution essay, the topic sentences introduce the writer's focus on reasons for the problems and ways to solve or prevent them. In a four-paragraph essay, writers often indicate their transition from problems to solutions in the second body paragraph. Here is an example of a thesis statement and two topic sentences for a problem-solution essay. Notice how the three sentences are connected to each other.

Example:

Thesis Statement: Not getting enough exercise can lead to poor health, but there are some simple steps people can take to increase their activity.

Topic Sentence 1: There are two major reasons why not exercising causes problems for people.

transition from problems to solutions

Topic Sentence 2: To increase their activity levels, there are some ways adults can follow.

Developing a Body Paragraph about a Problem

As you learned before, writers support their body paragraphs with various kinds of evidence, including reasons, facts, examples and explanations. For a paragraph about a problem, writers can include specific reasons why their problem is serious using listing-order transition signals like “first (of all), for one, second (of all), in addition and finally” to introduce each reason. They may support their reasons by explaining the causes or effects of the problem. To end the body paragraph, some writers add a sentence that summarizes the reasons for the problem; which is optional.

Example:

There are two major reasons why not exercising causes problems for people. **First of all**, it can make our muscles weaker. When people don't exercise, their muscles lose strength and become tense. Consequently, people can get hurt more easily when they have to lift heavy objects or run quickly. Due to inactivity, people are also more likely to pull and strain muscles when they stretch their bodies too far. **In addition**, a lack of physical activity is bad for the heart. The heart is also a muscle. As a result, it needs to be exercised too. People who do not increase their heart rate regularly with moderate exercise like jogging or swimming have weaker hearts. Because of this, they can be at a greater risk for heart problems, such as heart disease and heart attacks, when they get older. **If people do not exercise at all, all of their muscles, including the heart, will suffer.**

optional

***When writers discuss a problem, they may use cause - effect transition words, including the ones in the chart, to show how one action or situation affects another.

Causes	Effects
as a result of	as a result
because of	consequently
due to	therefore
owing to	thus

Examples:

* **Because of this**, they can be at a greater risk of heart problems when they get older, such as heart disease and heart attacks.

* **Due to** inactivity, people are also more likely to pull and strain muscles when they stretch their bodies too far.

* When people don't exercise, their muscles lose strength and become tense.

* **Consequently**, people can get hurt more easily when they have to lift heavy objects or run quickly

* The heart is also a muscle. **As a result**, it needs to be exercised too.

Developing a Body Paragraph about Solutions

In a problem-solution essay, the second body paragraph can offer solutions to the problem. As in the first body paragraph, writers often use listing order transition words to introduce their specific solutions or suggestions. The supporting sentences may give steps on how to follow the solutions or provide reasons why the solutions are useful or important to follow. Writers often finish the paragraph with a sentence that summarizes the solutions. Once again, it is optional, but it can tie the parts of an essay together.

Example:

To increase their activity levels, there are some ways adults can follow. **First of all**, they can make choices throughout the day to exercise the body more. For instance, instead of riding the elevator or escalator, people can take the stairs to get their muscles working and heart pumping. If people live close to a supermarket, they can choose to walk instead of driving just a couple of miles. **Second of all**, people can stick to a short but regular exercise routine. When adults finish work, they can devote a half hour to exercising before doing housework or relaxing on the couch. For example, they might take a short walk around the neighborhood or stop by a local gym to work out before going home.

There are many easy ways for people to exercise more; it just takes a little planning and creativity.

THE CONCLUSION

As with the essays you wrote before, you will return to the thesis statement in your conclusion and express your final thoughts and recommendations.

Here are two strategies you might want to use to end your problem-solution essay about a specific health condition, bad habit, or environmental hazard.

1. Add a final observation about how people view the problem.
2. Make a "call for action" that asks people to do something to help solve the problem.

Example: ¹In order to avoid poor health due to lack of physical exercise, there are some things adults can do to be more active in their daily life. ²**Although many adults complain that they are too busy to exercise, they need to realize the enormous benefits that come from doing just a little bit each day.** ³Adults should figure out a simple way to add regular exercise to their daily routine by reviewing and rearranging some of their day-to-day activities. The earlier they start, the sooner they will start feeling the benefits.

(1.restated thesis

2. observation

3. call for action)

Ex: Read this introduction and concluding paragraph. Choose the best comment to end the conclusion. Introduction:

Traffic congestion has already become a major social problem not only in developed cities but also in third world countries, especially in urban areas. It is a tough nut to crack for many nations. Though many ideas are rising from the different corners of the world, my two cents is that encouraging the people to use public transport is an effective solution.

Concluding paragraph:

To conclude, encouraging the public to get along with the common transport system is the best option to bring down city traffic clogging. Buses and trams create less traffic jam by its slow-moving nature._____.

- a. Public vehicles such as buses and trams can slow down the movement on the road.
- b. Public transport system increases the travelling time and give cold comfort to commuters.
- c. If the public uses the public transportation more, it breaks the city traffic jam in a smoother way.

PROBLEM-SOLUTION GUIDED EXERCISES

Complete the essay by writing the thesis statement, topic sentences of the body paragraphs and the first sentence of the concluding paragraph.

The Dark Side of the Internet

There is no doubt that the Internet has revolutionized communication and information-sharing in the same way that the telegraph and the television did before. *The enormous growth in the use of the internet over the last decade has led to radical changes to the way that people consume and share information.*

_____.

For example, dating sites are easily accessible to them because they can register with a site and claim to be an adult. There is no doubt that this affects their thoughts and development, which is a negative impact for the children and for society. Another major problem is the growth of online fraud and hacking. These days, there are constant news stories about government and company websites that have been hacked, resulting in sensitive information falling into the hands of criminals.

Governments should ensure that adequate legislation and controls are in place that will prevent young people from accessing dangerous sites, such as requiring more than simply confirming that you are an adult to view a site. Parents also have a part to play. They need to closely monitor the activities of their children and restrict their access to certain sites, which can now be done through various computer programs. Companies must also improve their onsite IT security systems to make fraud and hacking much more difficult by undertaking thorough reviews of their current systems for weaknesses.

However, there are lots of solutions to this problem. With the right action by individuals, governments and businesses, it can be made a safe place for everyone.

Write the introduction and conclusion paragraphs of the essay below.

Write the body paragraphs of the essay below.

Employing the Unemployed

One common need among people all over the world is to work and earn a living. For this, people go to school, university, gain job experience and even study for second or third degrees. The end result? Well, in fact there is no guarantee these days of a good and secure job and unemployment is a drama faced by people everywhere. Although there are many causes of this problem, there are also some solutions such as improving and increasing the availability of vocational study programs, reducing welfare benefits to the unemployed and finally rewarding companies which invest in job creation schemes.

In summary, to solve this global problem, educational, economic and financial solutions may be proposed. In addition, people should also take action individually. Because people must change themselves in order to change their future and keep these questions in their mind: If we do not find solutions, what will happen to our rapidly growing young and dynamic population? How will they survive?

READING II

PREVIEW THE READING

A. Quick Discussion

1. What role do influencers play in shaping trends on social media?
2. How do influencers impact the purchasing decisions of their followers?
3. Do you think influencers are responsible for setting unrealistic beauty standards? Why/Why not?
4. How has the rise of influencers affected traditional advertising?



B.Fill in the blanks with the words in the box.

distant	edit	ordinary	concern	affordable	promote
emerge	engage	relatable	unreachable	consumer	challenge

1. After years of training, new leaders began to _____ in the company, taking on important roles.
2. The character in the movie was very _____ because he faced real-life problems that many people experience.
3. Samantha prefers unique designs instead of wearing _____ clothing that everyone else has.
4. For many fans, meeting their favorite celebrity is _____ because they rarely make public appearances.
5. The store sells stylish but _____ clothes, so people can look fashionable without spending too much money.
6. Due to his job in another country, he feels _____ from his family and only visits them once a year.
7. Students are encouraged to _____ in school activities such as sports and drama clubs.
8. Before publishing her book, the writer had to _____ the text to correct the mistakes.
9. The rise in pollution is a major _____ for the environment, affecting both people and animals.
10. Moving to a new country can be a big _____ because you have to adapt to a different culture and lifestyle.
11. As a smart _____, she always checks product reviews before buying anything online.
12. Local businesses use discounts to _____ their services and attract more customers.

C. Match the words with the definitions.

- | | |
|----------------------|--|
| _____ 1. gain | a. a place where someone is going or planning to go |
| _____ 2. trust | b. to receive or achieve something, usually through effort |
| _____ 3. traditional | c. believe that someone or something is reliable or honest |
| _____ 4. reply | d. existing or happening on the internet or in a digital world |
| _____ 5. virtual | e. to answer or respond to a question, message, or comment |
| _____ 6. destination | f. following customs that have existed for a long time |

The Rise of Influencer Culture



In the past, celebrities like actors, musicians and athletes were the biggest trendsetters. They set fashion styles, introduced new products, and influenced millions of people worldwide. However, with the rise of social media, a new kind of star has emerged- the influencer. Unlike traditional celebrities, influencers do not need movie roles or record deals to gain fame. Instead, they build their audiences by sharing their daily lives, opinions, and experiences online.

Today, influencers shape trends in almost every area- fashion, fitness, gaming, travel, and even education. They connect with their followers through platforms like Instagram, Tick Tock, and You Tube, creating content that feels personal and relatable. Many people trust influencers more than traditional celebrities because they seem like “ordinary” individuals rather than unreachable stars. A beauty influencer, for example, might post makeup tutorials and recommend affordable products, making followers feel they are getting advice from a friend rather than a distant celebrity.

One of the biggest reasons influencer culture is so powerful is the sense of connection it creates. Unlike actors, musicians, influencers communicate directly with their audience. They reply to comments, share personal stories and engage in live sessions where followers can ask questions. This interaction builds loyalty, making followers feel like they truly “know” the influencer. For example, a travel vlogger might take followers on a virtual tour of an exotic destination, making them feel like they are part of the adventure.

However, influencer culture also has its negative side. Many influencers carefully edit their content to show only the best parts of their lives, creating a false sense of perfection.

Another major issue is the promotion of products. Many influencers earn money by advertising brands, but not all of them are honest about their sponsorships. This has raised concerns about whether influencers care about their audience or just want to make money.

Despite these challenges, influencer culture is not going away. As long as social media exists, influencers will continue to shape opinions, trends and consumer habits. The key for followers to think critically about the content they see. Instead of comparing their lives to unrealistic posts, they should follow influencers who inspire and educate rather than those who create pressure.

D. Read the passage and choose the correct answer.

1. What is the main idea of the passage?
 - a. Traditional celebrities are no longer famous.
 - b. Influencers have changed the way people engage with trends, brands, and social media.
 - c. Social media is harmful to everyone.
 - d. Influencers only promote products for money.
2. What can be inferred about why people trust influencers more than traditional celebrities?
 - a. Influencers always tell the truth about products.
 - b. Celebrities are more interactive than influencers.
 - c. Influencers are seen as relatable and more connected to their audience.
 - d. People prefer to follow influencers because they are wealthier.
3. How do influencers build their audiences?
 - a. By starring in movies and TV shows.
 - b. By creating social media content and interacting with followers.
 - c. By working in fashion and beauty industries.
 - d. By advertising expensive products on television.
4. What is one negative effect of influencer culture?
 - a. It helps people learn new skills.
 - b. It creates unrealistic beauty and lifestyle standards.
 - c. It encourages people to travel more.
 - d. It makes traditional celebrities more popular.

5. Why do some people criticize influencers for their product promotions?

- a. Influencers often promote products they do not personally use.
- b. Influencers always recommend the cheapest brands.
- c. Influencers do not care about fashion and beauty.
- d. Influencers refuse to work with major brands.

6. In paragraph 1, the pronoun "**they**" refers to _____.

- a. traditional celebrities
- b. athletes
- c. influencers
- d. actors

7. In paragraph 5, "**this**" refers to _____.

- a. Replying to comments and engaging with followers.
- b. Posting expensive products.
- c. Influencers are more interested in money than honesty
- d. Ignoring messages from fans

WRITING II

REVISING AND PRACTICE

Revising your work is an essential part of the writing process. This is your opportunity, to be sure that your essay has all the important pieces and that it is clear.

PRACTICE 1

A. Read the following essay assignment. Then decide which of the details you might use as background information for an introductory paragraph on this topic. Check the sentences you choose. Discuss your answers with a partner.

Describe a health problem that is caused by too much exposure to the sun. Give two solutions or ways to improve this problem.

- _____ 1. Every time people go outside, they are exposed to the sun.
- _____ 2. *Sun exposure* means not being protected from the sun's rays.
- _____ 3. Many young people spend a lot of time on the beach sunbathing because they want a deep, rich tan.
- _____ 4. A little sun can benefit the skin, but too much exposure can lead to skin damage and even skin cancer.
- _____ 5. Sunburns feel better when you put aloe lotions or vitamin E on them.
- _____ 6. Some skin cancers can be treated fairly easily, but others are extremely dangerous and hard to stop.
- _____ 7. Because serious effects don't appear until much later in life, people often ignore the health warnings about sun exposure.
- _____ 8. Experts say that overexposure to the sun is a real problem.

B. Review the background information you chose in Exercise A. Then check the sentence(s) that would be the best thesis statement for the essay. Discuss your answers with a partner.

- _____ 1. Even though the sun can cause serious burns, many people ignore this fact and get skin damage as a result.
- _____ 2. Skin damage is a big problem and can have very bad effects. Prevention is the best policy.
- _____ 3. Sun exposure can seriously affect people's health; however, people can avoid the health hazards of too much sun in several ways.

Every time people go outside, they are exposed to the sun. Sun exposure means not being protected from the sun's rays. A little sun can benefit the skin, but too much exposure can lead to skin damage and even skin cancer. Because serious effects don't appear until much later in life, people often ignore the health warnings about sun exposure. Yet, experts say that overexposure to the sun is a real problem. Sun exposure can seriously affect people's health; however, people can deal with the health hazards of too much sun in several ways.

C. Look at the model of an introductory paragraph for an essay on the topic in Exercise A. Discuss the questions with a partner.

1. What is the problem?
2. When does the problem occur? Why does it occur?
3. What does *sun exposure* mean?
4. Why do some people ignore the problem of overexposure to the sun?
5. What is the thesis statement? Underline it.
6. Do you think the thesis is effective? Why or why not?

PRACTICE 2

Read each thesis statement. Then check the two sentences that would be the best topic sentences for an essay on this topic. Discuss your answers with a partner.

1. Sun exposure can seriously affect people's health; however, people can deal with the health hazards of too much sun in several ways.

- _____ a. Bad sunburns can make people develop more wrinkles when they get older.
- _____ b. Too much exposure to the sun has a bad effect on our body for a number of reasons.
- _____ c. Despite these problems, there are ways for people to protect their skin from the sun and repair damage.
- _____ d. Most people know about the health hazards of too much sun, but they don't do anything to protect themselves.

2. Littering damages the environment, but people can take steps to prevent the situation from happening.

- _____ a. Littering has negative effects on the environment for various reasons.
- _____ b. When people throw trash into rivers, they may pollute the water and hurt aquatic animals.
- _____ c. Even though many people know about the problems associated with littering, they still do it.
- _____ d. In spite of the problems, there are two specific ways people can reduce the amount of garbage they produce.

PRACTICE 3

You read an introductory paragraph for a problem-solution essay about overexposure to the sun. Now read the writer's thesis statement again and the first body paragraph. Then discuss the questions with a partner.

Thesis Statement: Sun exposure can seriously affect people's health; however, people can deal with the health hazards of too much sun in several ways.

Too much exposure to the sun has a bad effect on our body for a number of reasons. For one, people, especially those who are fair skinned, can get sunburns. Skin is sensitive to sunlight. Because of this, it can turn pink or red when it is not protected. Bad sunburns can be uncomfortable, painful, and damaging to the skin. Furthermore, as a result of overexposure, health problems can crop up later in life. When skin is damaged over many years, it cannot repair itself. Consequently, people who have had many sunburns can develop more wrinkles when they get older. They also experience premature aging, where wrinkles show up sooner than normal. In addition, studies have shown that people who sunbathe end up being at a much higher risk for skin cancer. Due to the sun, people suffer from mild and serious health problems.

1. Where are reasons for the problem introduced? Underline the topic sentence.
2. Why is overexposure to the sun a problem? Check three main reasons.
3. Which transition words introduce each specific reason? Circle them.
4. Which transition words signal causes? Underline them.
5. Which transition words signal effects? Double underline them.
6. Circle the sentence that sums up all of the information in the paragraph.

PRACTICE 4

A. Work with a partner. Read the body paragraph about solutions. Then fill in the two sentences from below that best introduce each solution.

Despite these problems, there are ways for people to protect their skin from the sun and repair damage. First of all, _____. Sunscreen contains special chemicals that prevent burning. Using sunscreen is necessary when people are exposed to the sun for long periods of time, such as when sunbathing, taking a walk outside, or working in the garden. Second of all, _____. The simplest solution is to eat healthy foods such as fruits and vegetables. They have vitamins that the body uses to repair skin and make it strong again. In addition, using lotions with vitamin A can promote the healing of sunburned skin.

- a. people should use sunscreens that contain vitamin A
- b. people can take different steps to prevent sun damage
- c. people need to use sunscreen to keep their skin healthy
- d. when people do have sun damaged skin, they can also take steps to fix it

B. Look again at the body paragraph in Exercise A. Write a concluding sentence for the paragraph. Discuss your sentence with your partner.

PRACTICE 5

Read the model of a concluding paragraph. Discuss the questions with a partner.

1. What is the writer's restated thesis? Circle the sentence.
2. According to the writer how do people view the problem? Underline the sentence that gives the writer's observation.
3. What is the writer's call for action? Double underline the sentence(s).

In all, there are several ways people can prevent and minimize the problems brought about by overexposure to the sun. Most people understand the dangerous link between sun exposure and sunburns, wrinkles, and cancer, but they still put themselves at risk by not protecting themselves or repairing damaged skin. People need to take the dangers of sun exposure more seriously. They should put on sunscreen whenever they are outside for a long time, and they should consume fruit and vegetables in order to help their skin stay healthy in the sun.

PRACTICE 6

You have read parts of this problem-solution essay already. Now read it from beginning to end, and notice how the parts fit together.

Here Comes the Sun

Every time people go outside, they are exposed to the sun. Sun exposure means not being protected from the sun's rays. A little sun can benefit the skin, but too much exposure can lead to skin damage and even skin cancer. Because serious effects don't appear until much later in life, people often ignore the health warnings about sun exposure. Yet, experts say that overexposure to the sun is a real problem. Sun exposure can seriously affect people's health; however, people can deal with the health hazards of too much sun in several ways.

Too much exposure to the sun has a bad effect on our body for a number of reasons. For one, people, especially those who are fair skinned, can get sunburns. Skin is sensitive to sunlight. Because of this, it can turn pink or red when it is not protected. Bad sunburns can be uncomfortable, painful, and damaging to the skin. Furthermore, as a result of overexposure, health problems can crop up later in life. When skin is damaged over many years, it cannot repair itself. Consequently, people who have had many sunburns can

develop more wrinkles when they get older. They also experience premature aging, where wrinkles show up sooner than normal. In addition, studies have shown that people who sunbathe end up being at a much higher risk of skin cancer. Due to the sun, people suffer from mild and serious health problems

Despite these problems, there are ways for people to protect their skin from the sun and repair damage. First of all, people need to use sunscreen to keep their skin healthy. Sunscreen contains special chemicals that prevent burning. Using sunscreen is necessary when people are exposed to the sun for long periods of time, such as when sunbathing, taking a walk outside, or working in the garden. Second of all, when people do have sun-damaged skin, they can also take steps to fix it. The simplest solution is to eat healthy foods such as fruit and vegetables. They have vitamins that the body uses to repair skin and make it strong again. In addition, using lotions with vitamin A can promote healing of sunburned skin. With sunscreen, a good diet, and lotions, people can keep their skin healthy in the sun.

In all, there are several ways people can prevent and minimize the problems brought about by overexposure to the sun. Most people understand the dangerous link between sun exposure and sunburns, wrinkles, and cancer, but they still put themselves at risk by not protecting themselves or repairing damaged skin. People need to take the dangers of sun exposure more seriously. They should put on sunscreen whenever they are outside for a long time, and they should consume fruits and vegetables in order to help their skin stay healthy in the sun.

SAMPLE ESSAY: Air Pollution: A Serious Threat to the World

Air pollution is a serious problem that threatens the world, damaging human health, ecosystems, and the climate. Every year, millions of people suffer from respiratory diseases caused by toxic air, while global warming accelerates due to greenhouse gas emissions. Despite these dangers, many industries and individuals continue harmful practices that worsen the situation. Air pollution is a problem, but there are many ways to solve this crisis.

One of the main causes of air pollution is excessive use of fossil fuels. Factories and power plants burn coal, oil, and gas, releasing harmful gases into the atmosphere. Additionally, millions of cars contribute to air pollution by emitting carbon dioxide and other toxic substances. Another significant factor is deforestation, which reduces the Earth's ability to absorb carbon dioxide, leading to more pollution and climate change.

To stop air pollution, strong measures must be taken. Governments should enforce strict environmental regulations on industries and invest renewable energy sources such as wind and solar power. Public transportation should be improved to reduce the number of cars on the roads, and individuals should adopt eco-friendly habits, such as using bicycles, and reducing energy consumption. Reforestation projects also play a crucial role in absorbing carbon dioxide and improving air quality.

In conclusion, air pollution is a global crisis that endangers both human life and the environment, but it is not an unsolvable problem. With stricter laws, cleaner energy sources, and responsible individual actions, we can reduce pollution and protect our planet.

WRITING TASK 4: Choose one of the topics below and write a well- organized problem- solution essay.

- 1.Social media addiction is a big problem. How can people reduce their dependence on social media?
- 2.Influencer culture has a negative impact on traditional professions. How can businesses and individuals adapt to the changing job market?

EDIT- Complete the self-assessment checklist before you hand in your essay.

SELF-ASSESSMENT	Yes	No
Does the essay include an introductory paragraph, two / three body paragraphs, and a concluding paragraph?		
Does the essay start with an introductory paragraph with a hook and give important background information regarding the topic?		
Is there a clear thesis statement?		
Do the body paragraphs provide details and /or examples?		
Does the concluding paragraph summarize the information you have put in the essay?		
Have you used expressions for solutions suitably?		