



WRITING TASK 3 : Assignment

Write a well-organized paragraph about **one** of the topics given below:

- 1- "The key elements for success in a family company"
- 2- "The ways of being a healthy person"

EXAMPLE PARAGRAPH for my Class.

(You can take this as a role model or write yours freely.)

How to be healthy in life

Everyone wants to be healthy in life and in my opinion, everyone deserves a healthy, peaceful life. **Generally speaking**, there are various ways of being a healthy person. **First of all**, if we want to be healthy, we need to eat a well-balanced, low-fat diet with lots of fruits, vegetables. Eating fish and little red meat will also help us stay healthy because these nutrients have proteins, vitamins. **Moreover**, being physically active for 30 minutes a day will help us stay healthy. **Another way to keep our health is to limit unhealthy foods**. Eating junk food will be harmful and it will also cause us to gain weight. We need to keep fit and watch our weight if we want to stay healthy and live a long life. **Last but not the least**, we must not smoke and drink too much alcohol because these habits are really bad for our health. **Consequently, as I have said above**, there are different and effective ways of being a healthy person. In order to have a peaceful and healthy life, we **ought to** follow these suggestions which I have written above.

ought to: should