

## WRITING PROGRAM FOR LEVEL 3 + 4 / B1 + B2

### UNIT 1 – IDENTITY

**WRITING TASK:** Please go through the phrases for certain personality types below and write a paragraph describing your own character or the character of someone you know well. Please support your answer with examples.

#### Armchair Critic

“It’s easy to be an **armchair critic**, but no one ever takes action to help solve the problem.”



An **armchair critic** is a person who makes comments and criticisms about a situation that they are not actually DOING anything to help fix the problem. Imagine a person sitting in a big, comfortable armchair and making criticisms about something, without getting up and taking action! For example, if you constantly criticize your town for not taking better care of stray animals, but you personally do not volunteer at the animal shelter or help organize campaigns to change the situation, then you are being an armchair critic.

#### Busybody

“My aunt is such a **busybody** – she’s always asking nosy questions about my love life. I wish she’d mind her own business.” A **busybody** is a person who constantly wants to know about or interfere in the details of other people’s lives. Another way to describe someone like this is “nosy,” or you can say the person is always “poking their nose into” other people’s lives. The expression “mind (your) own business” means to focus on your own life without interfering in other people’s.



#### Cheapskate

“John bought his mother a \$5 gift for her birthday. I can’t believe what a **cheapskate** he is!”

A **cheapskate** is a person who hates to spend much money – and spends little money even in cases where more spending is needed. In this example sentence, John should have invested more money in a gift for his mother, but he only spent \$5! Another way to describe a person like this is “**stingy**.”



### Couch Potato

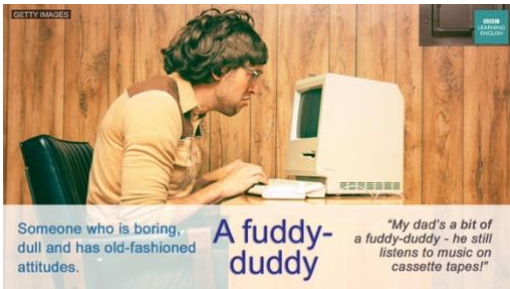
“Stop being a **couch potato** – turn off the TV and go get some exercise.”

A **couch potato** is a lazy person who spends a lot of time sitting down or lying down, watching TV, playing video games, or doing some other activity that doesn't involve physical activity.

### Down-To-Earth

“I like working with Janet because she's so **down-to-earth**. Her plans and expectations are very reasonable.”

A person who is **down-to-earth** is practical, sensible, and realistic. Being down-to-earth is the opposite of being a dreamer, visionary, or “having your head in the clouds.”



### Behind the Times / A Fuddy-Duddy

“My dad doesn't have an e-mail address. He's a little **behind the times**.”

Describing someone as “**behind the times**” means the person is old-fashioned and has not adopted certain modern customs, beliefs, or behaviours. A more negative word to describe a person who is “stuck in the past” is **fuddy-duddy**. This word is more of a criticism, whereas “behind the times” is more diplomatic.

### Go-Getter

“You can't just wait for opportunities to be handed to you – you need to be more of a **go-getter**.”

A **go-getter** is a person who is active, energetic, and has the initiative to pursue the things they want.

### Goody-Goody / Goody Two Shoes

“Mary was a **goody-two-shoes** in high school, but when she went to college she turned into a real rebel.”

A **goody-goody** or **goody two shoes** is a person who always acts good, sweet, or nice, and follows the rules perfectly. They never do anything bad or rebellious. These words are NOT

compliments – they have the connotation of a person who always acts good and is a little bit arrogant about it, showing off their perfect behaviour. An idiom for describing someone as good *without* this connotation of arrogance is “**a good egg.**”



### **Know-It-All / Smart Alec / Wise Guy**

“I tried to give advice, but my **know-it-all** co-worker wouldn’t even listen.”

A **know-it-all** is a person who thinks they know everything, and that their opinions and ideas are the best. The idioms “**smart Alec**” and “**wise guy**” are similar, but have more of a connotation of a person who demonstrates their cleverness in an arrogant or sarcastic way.

### **Man Of His Word / Woman Of Her Word**

“If Gary said he’ll be there at 6:00, you can count on it. He’s a **man of his word.**”

A “man of his word” or “woman of her word” is a person you can trust because they tell the truth and keep promises.

### **Mover and Shaker**

“Martha is the **mover and shaker** in the department. She’s always got ideas to help move things forward.”

A **mover and shaker** is an active person who helps their company, organization, or group make progress.

### **Set in His / Her Ways**

“I showed my boss the benefits of this new strategy, but he’s **set in his ways** and doesn’t want to change anything.”

A person who is **set in his or her ways** is stubborn and committed to their current way of doing things. They aren’t open to changing, even if the change would be an improvement.

### **Slime-ball**

“Harry dumped<sup>1</sup> Kate and immediately started trying to hook up with<sup>2</sup> her 16-year-old sister. What a **slime-ball!**”

A **slime-ball** is a disgusting, horrible person who deserves to be hated. A person can be described as a slime-ball in any context (not only romantic relationships). This word can be used for anybody who did an especially terrible, dishonest, or violent action.

1 dumped = ended a romantic relationship  
2 hook up with = start a romantic relationship, or have sex with

## Social Butterfly



“I’m more reserved, but my mother is a **social butterfly**.”

A **social butterfly** is an extroverted person who loves to socialize. Like a butterfly goes quickly from flower to flower, a “social butterfly” often goes around a room having conversations with many people.

## Stickler for The Rules

“Clean up the classroom after you’re done with your project. The teacher’s a **stickler for neatness**.”

Someone who is a “**stickler for [something]**” is a person who strongly insists on that quality or behaviour, and wants or expects other people to maintain the same standard. People are usually sticklers for some rule of correctness, such as neatness/cleanliness, punctuality, correct grammar, tradition, accuracy, etc.

## Wet Blanket / Party Pooper / Spoilsport / Killjoy / Stick-In-The-Mud

“I hate to be a **wet blanket**, but we should probably turn down the music – our neighbours are probably trying to sleep.”

These idioms describe a person who discourages fun or enjoyment for other people, or who prevents other people from having fun, through their actions or their negative attitudes.

## Worrywart

“My mother’s such a **worrywart** that if I don’t call her every day, she starts imagining I’ve been killed in a horrible accident.”

A **worrywart** is a person who worries constantly and excessively.

## UNIT 2 – DESIGN

**WRITING TASK:** After reading the texts in your book (Unit 2 Design) and the article in the given link here, choose ONE of the topics below and write your paragraph.

<https://www.mentalfloss.com/article/59045/11-benefits-buying-handcrafted-products>

**Topic 1:** The advantages of hand-made products over machine-made products. Use specific reasons and examples in your answer.

**Topic 2:** The advantages of machine products over hand-made products. Use specific reasons and examples in your answer.

Don't forget to use a **topic sentence** and a **conclusion that includes your own opinion**.

### Useful Structures for your paragraph

1. **One of the advantages of** regular exercise **is that** it gives you the opportunity to have a healthy life.

Now, form your own sentences:

One of the advantages of hand-made products is that they .....

One of the advantages of machine-made products is that .....

2. Watching films with English subtitles **is beneficial for** learning new words.

Now, it's your turn:

Using hand-made products is beneficial for .....

Producing machine-made products is ..... because .....

3. **It is a fact that** reading books in English **improves** your learning skills.

You know the drill 😊:

It is a fact that .....

4. **The most significant benefit of** studying abroad is that **it gives you a better chance to** find a job in an international company. **Furthermore, you can** practice the language of that country. **Thus,** you can be fluent in that language in a short time. Finally, you become more independent **by having to deal with difficult situations on their own.**

Try it again with this last one:

The most significant benefit of ..... is that they give you a better chance to ..... Furthermore, you can .....

Thus, .....

Finally, ..... by using.....

## UNIT 3 – THOUGHT

**WRITING TASK:** First read the article and watch the video below.

**READ:** <https://owlcation.com/social-sciences/Why-Emotional-Intelligence-is-More-Important-Than-IQ>

**WATCH:** <https://www.youtube.com/watch?v=vEjpiSUUQgg>

Now write a paragraph answering these two questions:

**What is the difference between EQ and IQ? Why is EQ more important than IQ in work environment according to what you've read?**

**In your paragraph include:**

1. A topic sentence,
2. The main differences between IQ and EQ (especially the ones making EQ more important at the workplace),
3. At least three supporting ideas with supporting details (these should prove that the idea given in the task is accurate),
4. A conclusion including your own opinion.

**You can use the following phrases to compare and contrast EQ and IQ:**

1. **The words and short phrases used to compare two things:**

like	likewise	same as	as well as	also, too	likewise
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**Here is a short paragraph using some of these expressions:**

Time, **like money**, is a limited resource. You can't buy everything you want, **likewise**, you don't have enough time to do everything you want to do. Our time is the **same as** our money: it's limited. Also, time is a resource when work needs to be done.

1. **The words and short phrases used to contrast two things:**

Unlike	as opposed to	in contrast to	different from	whereas
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**Here is a short paragraph using some of these expressions to contrast:**

**Unlike** time or money, desire is an unlimited resource. Think about it: **In contrast to** money which can run out, your desire for new experiences and ideas will never end. **Whereas** there is never enough time to do everything you want, your desire will always come up with something new and exciting.

## UNIT 4 – FIRE

**WRITING TASK:** After watching the videos and reading the articles below, write a paragraph explaining the causes and effects of deforestation.

**READ:**

[https://wwf.panda.org/our\\_work/forests/deforestation\\_causes2/](https://wwf.panda.org/our_work/forests/deforestation_causes2/)

<https://www.onegreenplanet.org/animalsandnature/5-big-causes-of-deforestation-and-how-you-can-stop-it/>

**WATCH:**

<https://www.youtube.com/watch?v=Ic-J6hcSKa8>

[https://www.youtube.com/watch?v=aS\\_IRabpgqw](https://www.youtube.com/watch?v=aS_IRabpgqw)

<https://www.youtube.com/watch?v=3vijLre760w>

To express **cause and effect** in English, we use certain words and phrases. Try to use them in your paragraph. Here are some examples of them:

due to	because of	owing to	thanks to	as a consequence of		
as a result of	because	for	therefore	so	lead to	result in
affect	cause	hence	thus	one reason is		

**BE CAREFUL!** Some of these words/phrases are always followed by a noun or a noun phrase. Here are some of them:

because of	owing to	as a consequence of	as a result of	thanks to	due to
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**Do these activities before writing your paragraph:**

### Activity 1:

Look at the following sentences and try to form similar ones yourselves using the sentence frames give:

- Smoking **has a negative effect on** your health.  
..... has a negative effect on .....
- Smoking **affects** your health badly.  
..... affects .....
- Smoking **causes** several health issues.  
..... causes .....
- A lot of people suffer from serious illnesses **because of / due to** smoking.  
..... because of / due to .....

5. **The cause of** the accident was a flat tire.  
The cause of ..... is/was.....
6. Air pollution **leads to** irritation in the eyes, lungs, nose, and throat. It **creates** respiratory problems such as asthma and emphysema.  
..... leads to ..... It creates .....
7. Air pollution **is a consequence of** certain agricultural activities such as use of insecticides and pesticides.  
..... is a consequence of .....
8. **Thanks to** advances in medical science, life expectation for both men and women has improved greatly over the past decade.  
**Thanks to** ....., .....
9. **One reason (why) the population is growing so fast is that** death rates have fallen dramatically.  
One reason why ..... is that .....
10. **One reason (why) the population is growing so fast is** the decline in the death rate.  
One reason why ..... is .....
11. **The real reason for our concern about overpopulation is that** our resources are limited.  
The real reason for our concern about ..... is that .....
12. **The primary reason for our concern about overpopulation is** limited resources.  
The primary reason for ..... is .....
13. People are living longer, healthier lives. **For this reason,** the population has been increasing.  
People ..... For this reason, .....
14. Mortality is **one key factor** in the current growth in population.  
..... is one key factor in .....
15. **Another critical factor in water pollution is** the increase in fertilizer use by farmers.  
Another critical factor in ..... is .....
16. Some people choose products **because of** their past experiences.  
Some people ..... because of .....
17. Shoppers will buy more food **as a result of** being hungry when they shop.



- ..... as a result of .....
18. Some consumers choose an electric car **due to** its low impact on the environment.  
 ..... due to .....
19. Some consumers buy 'green' products **so (that)** they can appear environmentally aware.  
 ..... so that .....

**Activity 2:**

Combine the clauses using the words in parentheses. Sometimes more than one answer is possible.

**Example:**

Our decisions affect our financial future. It is important for us to make responsible buying decisions. **(Because)**

It is important for us to make responsible buying decisions **because** they affect our financial future.

1. It is not easy to ignore advertising. Consumers need to learn how to shop wisely. **(Since)**  
 .....
2. Make a list before you leave home. Don't buy something you don't need. **(So that)**  
 .....
3. People can get into debt easily. It is easy to buy things using a credit card. **(Because)**  
 .....
4. Children see the snacks and ask their parents for them. Stores put snack foods on low shelves. **(So that)**  
 .....
5. People will impulsively buy products that they don't need. Stores put fun items like candy and toys by the checkout counters. **(So)**  
 .....

**Activity 3.** Complete these sentences with your own ideas.

1. Sometimes people buy things they don't need because.....
2. Sometimes people spend more money than they make because .....
3. Manufacturers of cereal often include cartoon characters in their commercials so .....
4. Fast- food restaurants often air commercials during late-night TV so that .....
5. Stores sometimes advertise a few items at very low prices because .....
6. Some people prefer to buy products online since .....

## 7. UNIT 5 – MOVEMENT

**WRITING TASK: Write a summary of the article given in the link.**

<https://www.oshaeducationcenter.com/articles/crowd-management-safety/>

Look at these sentences from the summary of another article. **Try to form similar sentences about your own article and use them in your summary:**

1. The article **provides a thorough introduction** to the issues of privacy.  
The article provides a ..... introduction to .....
2. The article **describes the problem of** privacy and computers.  
The article describes .....
3. The article **discusses** identity theft in detail.  
The article discusses ..... in detail / superficially.
4. The author **starts the article by saying that** technology is part of everyone’s lives.  
The author starts the article by saying that .....
5. The article **goes on to say that** the problem is being addressed by the government.  
The article goes on to say that .....
6. The author **fails to address** more controversial concerns.  
The author fails to address .....  
The author succeeds in addressing .....
7. The article **mentions ways that** education can prevent problems with technology.  
The article mentions ways/methods/strategies that .....
8. The author **claims that** the experts he interviewed for this article were well known.  
The author claims that .....
9. The author **further states that** regulations may be necessary in the future.  
The author further states that .....
10. The author **also states that** consumers need to become proactive on this issue.  
The author also states that .....
11. **According to the author,** the government has an important role in this debate.  
According to the author, .....

## UNIT 6 – DISEASE

**WRITING TASK:** Read the articles in the links given here. Then, write about the health problems unhealthy eating habits cause and the solutions to those problems.

**READ BEFORE WRITING:**

<https://www.livestrong.com/article/200742-what-are-the-effects-of-an-unhealthy-diet/>

<https://www.lifelinescreening.com/health-education/diet-and-nutrition/how-healthy-eating-prevents-disease>

### Common Words/Phrases We use to Explain Problems and Solutions

We use certain words and phrases to describe problems and solutions. Look at the following sentences and notice the words written in bold.

1. **The most important problem** is finding the right doctor to treat your illness.
2. **There are several ways to address the problem of** cyberchondria.
3. **One solution for** cyberchondria **would be** to avoid unreliable websites.

The common **words/phrases** we use **to introduce problems** are:

- The key/main/primary/most important problem is.....
- A/The secondary issue/problem is.....
- The most urgent issue/problem is .....

Read the examples:

For doctors, **the main problem** is the extra time they spend arguing with ill- informed patients.

**A secondary issue** is the patients' increased stress.

**While** wasted time and patient stress **are factors**, **the most urgent issue is** misinformation on the internet.

The common **words/phrases** we use **to introduce solutions** are:

- The solution to the problem lies in .....
- There are several ways to address the problem of .....
- One solution to / for..... would be to.....
- The problem of ..... can be solved by.....
- ..... is a possible solution to the problem of .....

Read the examples:

**The solution to the problem lies in** medical websites, doctors, and patients.

**There are several ways to address the problem of** cyberchondria.

**One solution to** cyberchondria **would be to** educate patients.

**The problem of** cyberchondria **can be solved by** reorganizing information on medical websites.

Educating patients **is a possible solution to the problem of** cyberchondria.

You can use the following structures **to make recommendations for possible solutions:**

- ..... is needed.
- ..... is necessary.
- ..... may/might/should/must be considered.

Read the examples.

A definite decision by the government **is needed**.

Based on the results, it **will be necessary** to make changes to the treatment.

An individual's caloric needs **should be considered** before starting any diet.