

Writing Puzzle: Good Nutrition

Write a composition of about 200 words on this topic, including **three** sentences from List A and **three** from List B. If necessary you may adjust those sentences slightly, so as to make their grammar fit into your composition, but you must make only local changes and you **must not change the meaning of any of the sentences that you choose**.

Because of the requirement to choose from both lists, your composition will necessarily balance contrasting views about good eating habits. Your task is to explain the resulting tension and to reach a reasonable conclusion.

Write the sentence number – (1), (2), etc – before each sentence you choose, wherever it appears in your composition. You do **not** need to use the sentences in the order by which they are numbered in the lists.

List A

1. It is crucial for everyone to eat a balanced diet, even if not all members of the family realize that they should do so.
2. Although some nutritious foods may not be favourites with children, they should be part of the family diet.
3. Good meals must be not only beautiful and delicious, but above all nourishing.
4. Some popular snack foods are not healthful.
5. The risk of serious medical problems, such as obesity or diabetes, can be reduced through healthy eating.
6. Simple, low-calorie dishes, while not always the tastiest, have an important place in a healthy diet.
7. The most reliable way to assure that food is made with high-nutrition ingredients is to cook it at home.

List B

8. It is possible to maintain a healthy diet while still indulging in the occasional junk-food treat.
9. We should not spoil the harmony of family meals through arguments over what children should or should not eat.
10. The effect of eating a balanced diet should not be exaggerated; other factors – such as exercise – are also major contributors to good health.
11. The convenience of ready-made foods can sometimes be more useful than the health benefits of home-cooked meals.
12. Children are happiest when they are permitted to choose what they eat.
13. Excessive concern for calorie management may in fact lead to eating disorders like anorexia.
14. Although certain traditional dishes may be very high in cholesterol, they still should be eaten for cultural reasons.