



## Keeping: Improving your IELTS response

Read the example and think about how to improve it.

I think sleep is especially important for people's health. And above all, to get a good night's sleep, you need to be as active as possible during the day. I usually live on energy saving, so I don't get tired when I go to bed, so I can't sleep well. However, I can sleep well on the days I study hard, go out, and have a part-time job. If I sleep well, I can wake up comfortably the next morning. It's hard to get tired every day, but if I don't get enough sleep, I won't be able to work the next day.

Besides, it is important to get nutrition. I tend to eat sweets, bread, and other easy-to-eat, fat but low-nutrient foods. I have to get protein, fiber and vitamins.

Also, the mind and body are interacting. I'm good at being alone, but when I'm alone, it's difficult to smile even if it's fun. When I meet people, I often smile naturally. I feel this is healthy.

And when I'm annoyed, I feel stressed. At that time, I write down what I am thinking in words. I've been doing this for quite some time.

As with physical health, I think that mental health can easily collapse if we are not aware of it. I think we each have a way to solve the problem.

It's also effective to reserve free time such as a spare day without putting to many schedules in the schedule book in advance. When you have time, you can calmly think about what you need most.

### How can you improve the writing?

It needs to be put into paragraphs with a clear *main support sentence* with **signal language**

active not (live on energy saving)

bright and fresh (not comfortably)

a healthy body and a healthy mind (not the mind and body are interacting)

frame of mind (your attitude at that time)

There are several things I consider when keeping healthy. **First**, *do not forget the need to get a decent night's sleep*. I think sleep is especially important for our health. To get a good night's sleep, you need to be as active as possible during the day. On days when I am not active and feeling lazy, I find that I don't get tired when I go to bed and so I can't sleep well. However, I have found that I can sleep well on the days I study hard, go out, or work part-time. I have noticed that if I sleep well, I can wake up bright and fresh the next morning. It is hard to keep busy every day but if I don't get enough sleep, I won't be able to work as well as I would like the following day.

**Also**, *it is important to get enough nutrition from your diet*. I tend to eat sweets, bread, and other easy-to-eat meals, which is high in fat but low in nutrition. I have to get more protein, fiber and vitamins from my meals but I am not keen on cooking and do not have enough money to buy the proper ingredients. I should change my diet.

**A final point is to keep a healthy body and a healthy mind**. I am good at being alone, but when I am, I find it difficult to smile, even when I am doing something which is fun. When I meet others, however, I often smile naturally and I feel this adds to my health and well-being. But when I feel annoyed or stressed, I have found that if I write down in words what is upsetting me, I can change my frame of mind. Even by spending a little time making a schedule, I can calm my thinking and reduce my stress. I've been doing this for quite some time and it actually works. Remember, your mental or physical outlook can be easily affected unless you keep an eye on your lifestyle. I think we each have our own way in dealing with such problems but awareness is important.



### From the above work, try to chunk the speech

Find the pause – Chunking    short /    longer //

CAPITALISE the stressed (important) word

I LIKE this class / because the teacher is GOOD / and everyone is FRIENDly. // ALso, / my English is getting BETter. //

There are several things / I consider when keeping healthy. // First, / do not forget the need / to get a decent night's sleep. // I think sleep is especially important for our health. // To get a good night's sleep, / you need to be as active as possible / during the day. // On days when I am not active / and feeling lazy, / I find that I don't get tired when I go to bed / and so I can't sleep well. // However, / I have found that I can sleep well / on the days I study hard, / go out, / or work part-time. // I have noticed that if I sleep well, / I can wake up bright and fresh the next morning. // It is hard to keep busy every day / but if I don't get enough sleep, / I won't be able to work as well as I would like / the following day. //

Also, / it is important / to get enough nutrition from your diet. // I tend to eat sweets, / bread, / and other easy-to-eat meals, / which is high in fat but low in nutrition. // I have to get more protein, / fiber / and vitamins / from my meals / but I am not keen on cooking / and do not have enough money / to buy the proper ingredients. // I should change my diet. //

A final point / is to keep a healthy body / and a healthy mind. // I am good at being alone, / but when I am, / I find it difficult to smile, / even when I am doing something which is fun. // When I meet others, however, / I often smile naturally / and I feel this adds to my health and well-being. // But when I feel annoyed or stressed, / I have found that if I write down in words / what is upsetting me, / I can change my frame of mind. // Even by spending a little time making a schedule, / I can calm my thinking / and reduce my stress. // I've been doing this for quite some time / and it actually works. // Remember, / your mental or physical outlook / can be easily affected / unless you keep an eye on your lifestyle. // I think we each have our own way in dealing with such problems / but awareness is important. //