



14 шагов к эссе на 14 баллов

EGE_{xpert}

✓ Шаг 1: Выбираем задание

- Внимательно читаем оба задания и выбираем одно для написания эссе. Для того, чтобы выбрать, обращаем внимание на: **1) тему проекта, 2) формулировку проблемы и 3) заключения:**

Imagine that you are doing **a project on**. Use the following plan:

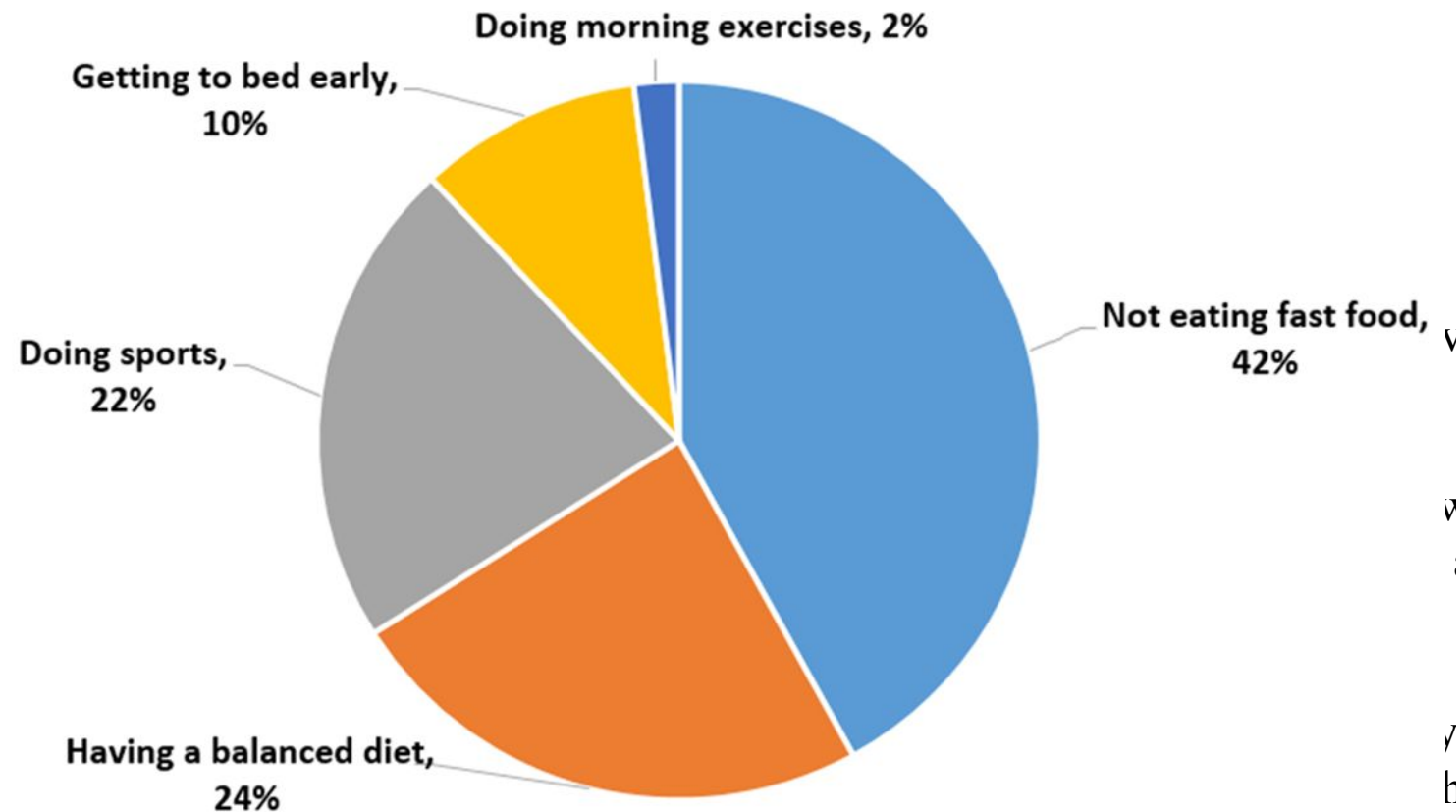
Use the following plan:

- make an opening statement on the subject of the project;
- select and report 2–3 facts;
- make 1–2 comparisons where relevant and give your comments;
- outline **a problem that can arise with** and suggest a way of solving it;
- conclude by giving and explaining **your opinion on**.

- Выбираем то задание, в котором **тема проекта, проблема и заключение** кажутся понятными и простыми для написания.

38.1 Imagine that you are doing a project on **how people in Zetland stay healthy**. You have found some data on the subject – the results of the opinion polls (see the pie chart below). Write 200–250 words.

How people in Zetland stay healthy



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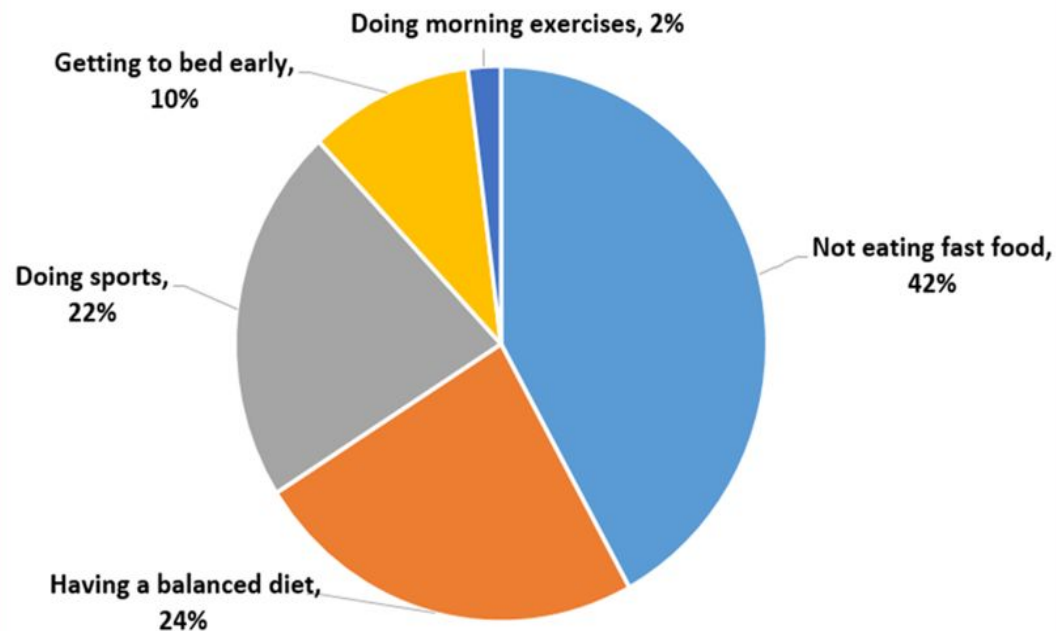
your

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✓ Шаг 2: Выделяем главное в задании

38.1 Imagine that you are doing a project on **how people in Zetland stay healthy**. You have found some data on the subject – the results of the opinion polls (see the pie chart below). Write 200–250 words.

How people in Zetland stay healthy

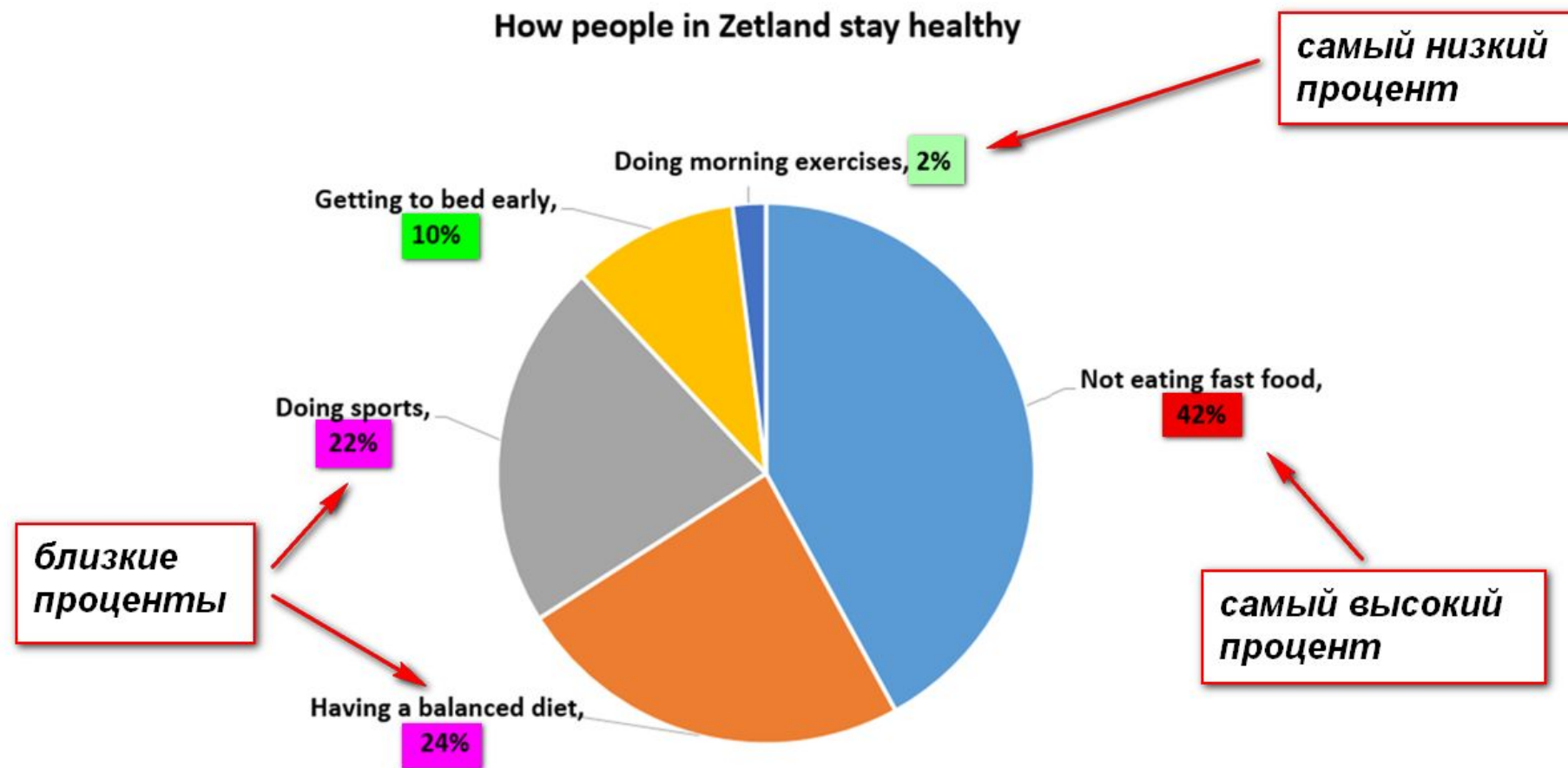


Use the following plan:

- make an opening statement on the subject of the project;
- select and report 2–3 facts;
- make 1–2 comparisons where relevant and give your comments;
- outline a problem that can arise with some approaches to staying healthy and suggest a way of solving it;
- conclude by giving and explaining your opinion on the importance of staying healthy.

✓ Шаг 3: Анализируем статистику

Отмечаем **самый высокий** и **самый низкий** процент, **одинаковые/близкие** проценты.



✓ Шаг 4: Продумываем содержание эссе: пишем краткий план

1 абзац, вступление: *There are different approaches to staying healthy.*

.....

2 абзац: **1 факт** – 42%; **2 факт** – 24% + 22%; **3 факт** – 10% + 2%

3 абзац: **сравнение** = 22% vs 2%

4 абзац: **проблема** = doing sports causes injuries, **solution** = train with a coach

5 абзац, заключение: very important -> the key to a happy and productive life

▪ **Подробнее о плане: 1 абзац,
вступление**

Самый простой способ начать эссе – написать вступительное предложение общего характера из серии «Существует много способов, причин, видов ...». Затем перейти к теме своего проекта «Мой же проект нацелен на ... в Зетландии».

! Важно: Вступительное предложение писать **НЕ** обязательно. За его отсутствие баллы не снижаются.

!! Перефразировать тему проекта во вступлении **не** обязательно.

▪ **Подробнее о плане: 2 абзац
(факты)**

- Самый простой способ **описать факты** = взять самый большой процент + то, что в середине + два последних, самых низких, процента.

Факты: 2 абзац

1 факт: самый высокий процент (42%)

2 факт: середина (24% и 22%)

3 факт: самые низкие проценты (10% и 2%)

▪ **Подробнее о плане: 3 абзац (сравнение + комментарий к сравнению)**

- Самый простой способ **сделать сравнение**: сравнить *самый низкий процент* с каким-то из других процентов.
- В этом задании обращает на себя внимание разница между *doing morning exercises* - 2% и *doing sports* - 22%, потому что явления похожие (и одно, и другое – физическая активность), а проценты разные. Очень логично сравнить эти два показателя. И легко объяснить разницу.

Сравнение	Комментарий
Сравниваем <i>doing morning exercises</i> - 2% (самый низкий процент) с <i>doing sports</i> - 22%.	Причина: потому что утром некогда заниматься физ. активностью.

▪ **Подробнее о плане: 4 абзац (проблема + решение)**

- Проблема не должна быть про опрошенных и статистику, но она должна быть связана с общей темой из задания. Кроме того, информацию из графиков можно использовать как источник идей для формулировки проблемы.
- Здесь общая тема – *approaches to staying healthy*, и мы можем из графика взять один из способов – *doing sports* – и вывести из него проблему: занятия спортом сопряжены с травмами, решение – заниматься спортом

on how people in Zetland stay healthy.

some approaches to staying healthy |

the importance of staying healthy.

▪ **Подробнее о плане: 5 абзац,
заключение**

- Если в заключении идет речь о важности чего-либо, проще всего написать, что это важно.
- Самое простое объяснение: это важно, потому что является ключевым, неотъемлемым компонентом счастливой/продуктивной жизни, успешной карьеры / поездки и т.п.

– conclude by giving and explaining your opinion on the importance of staying healthy.

✓ Шаг 5: Пишем

- There are different approaches to staying healthy. The aim of my project is to examine **how people living in Zetland maintain their health**. As part of my project, I found a pie chart with some results of relevant opinion polls and analyzed them. In this essay, I will describe my findings and express my opinion on the subject of the project.

38.1 Imagine that you are doing a project **on how people in Zetland stay healthy.**

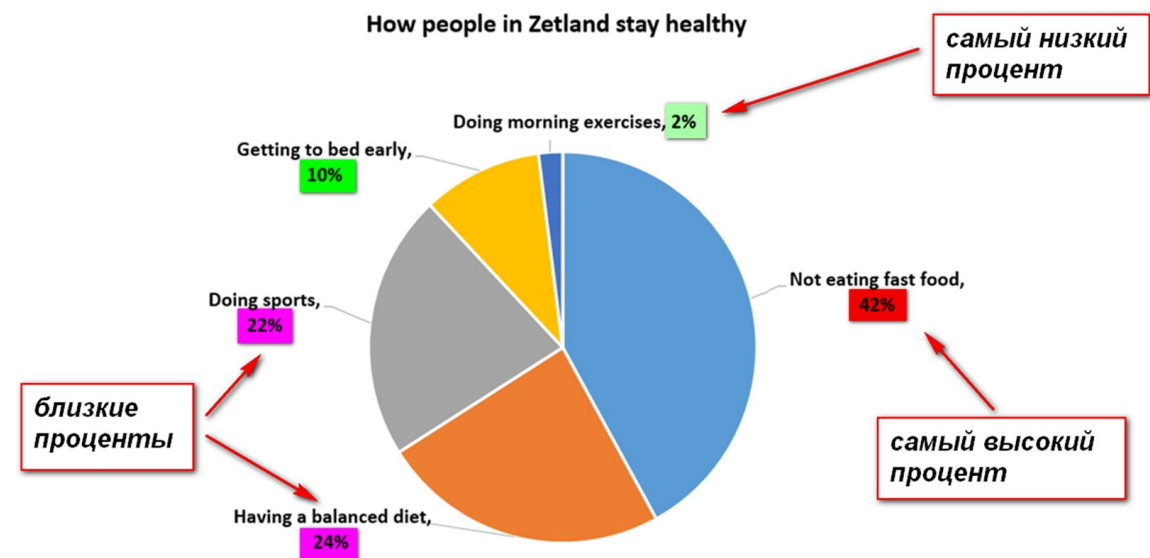
✓ Шаг 6: Пишем 2-й абзац (2-3

- Overall, according to the pie chart, the respondents do five important things to live a healthy life. About half of those polled (42%) avoid eating fast food. Almost a quarter (24%) stick to a balanced diet and another 22% do sports. The rest of them get to bed early and do morning exercises, at 10% and 2% respectively.



✓ Шаг 7: Пишем 3-й абзац (сравнение + комментарий)

- Interestingly, doing sports is 20% more frequently cited by those who took part in the poll than doing morning exercises. This is probably because the respondents, like many people today, are too busy to do sports activities in the morning and prefer to exercise in the afternoon or in the evening.



✓ Шаг 8: Пишем 4-й абзац (проблема + решение)

- Although doing sports is a very popular way to keep fit and maintain health, it is not without its flaws. One problem with this approach is that sports activities can be very demanding and even cause injuries. An effective solution to this problem is to train under the supervision of experienced sports coaches, follow specific rules and take some precautions.

– outline a problem that can arise with some approaches to staying healthy and suggest a way of solving it;

✓ Шаг 9: Пишем

заключение

- In conclusion, I would like to say that although some approaches to maintaining health are associated with problems, it is very important to look after oneself and do one's best to live healthily. I have no doubt about it because good health is the key to a happy and productive life.

– conclude by giving and explaining your opinion on the importance of staying healthy.

Аспект 1: Вступление соответствует предложенной теме проектной работы

There are different approaches to staying healthy. The aim of my project is to examine how people living in Zetland maintain their health. As part of my project, I found a pie chart with some results of relevant opinion polls and analyzed them. In this essay I will describe my findings and express my opinion on the subject of the project.

+ правильно передана ситуация

+ проект упомянут

+ тема проекта передана точно (перифразировать необязательно)

+ страна и респонденты указаны верно

+ понятно, о каких данных речь (= результаты опросов/ статистика / информация о...) и откуда взяты

✓ Шаг 10: Проверяем содержание

Аспект 2: 2-3 факта из диаграммы приведены

Overall, according to the pie chart, the respondents do five important things to live a healthy life. About half of those polled (42%) avoid eating fast food. Almost a quarter (24%) stick to a balanced diet and another 22% do sports. The rest of them get to bed early and do morning exercises, at 10% and 2% respectively.

+ ссылка на диаграмму /данные /результаты опросов) – понятно, откуда взяты данные

+ приведены три факта

+ проценты переданы верно

+ числовые данные написаны цифрами

✓ Шаг 10: Проверяем содержание

Аспект 3. 1–2 существенных сравнения даны и прокомментированы

Interestingly, doing sports is 20% more frequently cited by the respondents than doing morning exercises. This is probably because these people, like many others, are too busy to do sports activities in the morning and prefer to exercise in the afternoon or in the evening.

+ 1 сравнение дано, сравнение существенное;

*+ приведен комментарий-
Пояснение*

✓ Шаг 10: Проверяем содержание

Аспект 4. Возможная проблема, связанная с некоторыми подходами к сохранению здоровья, обозначена, и её решение предложено

Although doing sports is a very popular way to keep fit and maintain health, it is not without its flaws. One problem with this approach is that sports activities can be very demanding and even cause injuries. An effective solution to this problem is to train under the supervision of experienced sports coaches, follow certain rules and take some precautions.

+ проблема: по теме, реалистичная

+ решение: по теме, конкретное, реалистичное

✓ Шаг 10: Проверяем содержание

Аспект 5. Мнение автора о важности сохранения здоровья в заключении выражено и обосновано

In conclusion, I would like to say that although some approaches to maintaining health are associated with problems, it is very important to look after oneself and do one's best to live healthily. I have no doubt about it because good health is the key to a happy and productive life.

+ свое мнение обозначено;

+ свое мнение: строго по теме.

✓ Шаг 11: Исправляем ошибки в стилевом оформлении

- В эссе необходимо соблюдать нейтральный стиль.
- Выделены 4 типа стилистических ошибок:
 - 1) риторические вопросы;
 - 2) разговорные выражения и конструкции типа Let's... (Let us и Let me – нейтральный стиль);
 - 3) сниженная лексика типа folks (people, ...);
 - 4) 3 варианта стяжённых форм:
 - типа I'm, he's;
 - отрицательные формы типа don't, aren't;
 - формы модальных глаголов типа can't, mustn't (Исключение: needn't).

✓ **Шаг 12: Исправляем языковые ошибки (если есть)**

✓ **Шаг 13: Считаем слова**

(допустимо 200-250 слов +/- 10%, т.е. 180-275 слов)

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- Overall, according to the pie chart, the respondents do five important things to live a healthy life. About half of those polled (42%) avoid eating fast food. Almost a quarter (24%) stick to a balanced diet and another 22% do sports. The rest of them get to bed early and do morning exercises, at 10% and 2% respectively.
- Interestingly, doing sports is 20% more frequently cited by the respondents than doing morning exercises. This is probably because these people, like many others, are too busy to do sports activities in the morning and prefer to exercise in the afternoon or in the evening.
- Although doing sports is a very popular way to keep fit and maintain health, it is not without its flaws. One problem with this approach is that sports activities can be very demanding and even cause injuries. An effective solution to this problem is to train under the supervision of experienced sports coaches, follow certain rules and take some precautions.
- In conclusion, I would like to say that although some approaches to maintaining health are associated with problems, it is very important to look after oneself and do one's best to live healthily. I have no doubt about it / I think so because good health is the key to a happy and productive life.

✓ **Шаг 14. Со спокойной душой ждем заслуженные высокие баллы ;-)**

1-й вариант

There are different approaches to staying healthy. The aim of my project is to examine how people living in Zetland maintain their health. As part of my project, I found a pie chart with some results of relevant opinion polls and analyzed them. In this essay, I will describe my findings and express my opinion on the subject of the project.

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Interestingly, doing sports is 20% more frequently cited by the respondents than doing morning exercises. This is probably because these people, like many others, are too busy to do sports activities in the morning and prefer to exercise in the afternoon or in the evening.

Although doing sports is a very popular way to keep fit and maintain health, it is not without its flaws. One problem with this approach is that sports activities can be very demanding and even cause injuries. An effective solution to this problem is to train under the supervision of experienced sports coaches, follow certain rules and take some precautions.

In conclusion, I would like to say that although some approaches to maintaining health are associated with problems, it is very

2-й вариант

The aim of my project is to examine how people living in Zetland maintain their health. As part of my project, I found a pie chart with some results of relevant opinion polls and analyzed them. In this essay, I will describe my findings and express my opinion on the subject of the project. (the importance of ...)

According to the pie chart, about half of those who were polled (42%) avoid eating fast food. Almost a quarter of those surveyed (24%) stick to a balanced diet and another 10% get to bed early.

Interestingly, doing sports is 20% more frequently cited by the respondents than doing morning exercises, at 22% and 2% respectively. This is probably because these people, like many others, are too busy to do sports activities in the morning and prefer to exercise in the afternoon or in the evening.

One problem with doing sports as an approach to staying healthy is that sports activities can be very demanding and even cause injuries. An effective solution to this problem is to train under the supervision of experienced sports coaches, follow certain rules and take some precautions.

In conclusion, I believe that it is very important to look after your health and do one's best to live healthily. I have no doubt about it.