

**ISE I (B1) Reading & Writing**

**Task 3 – Reading into writing self-study activities**

Welcome to Trinity’s ISE I self-study worksheet, which will help you understand how to do task 3 of the Reading & Writing exam. There are activities that will guide you through the different types of question in the exam. Then you can try the whole exam for yourself. The answers to the questions in each activity are at the end of this document. There is also space for your own notes. You can find information about the whole ISE I exam in the **Guide for Students – ISE I (B1)**.

More resources to help you prepare for your exam are available at [trinitycollege.com/TfLstudy](http://trinitycollege.com/TfLstudy)

**Task 3 – Reading into writing**

We’re going to look at what you need to do in Task 3 – Reading into writing. Before we do, think about the following four questions.

**Activity 1**

- ▶ How many texts do I read?
- ▶ What texts are they?
- ▶ What do I write?
- ▶ How many words do I write?

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**Information**

We’re only going to look at how to write an article in this worksheet. You can find information about how to write a letter, email, essay or review by looking at the document at [trinitycollege.com/ISEgenres](http://trinitycollege.com/ISEgenres)

**Activity 2**

Look at the task 3 question on the next page and answer the following questions

- a) What should you write the article about?
- b) What information do you have to use to complete task 3?
- c) Is it ok to use lots of words from the texts in your writing task?

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**Task 3 – Reading into writing**

Write an article (100-130 words) for a health and fitness magazine for young people about why more students should do exercise.

Use the information you read in Task 2 (pages 4-6) to:

- ▶ explain how exercise can improve students' lives
- ▶ say how exercise can help them study **and**
- ▶ tell students how they can make exercise part of their daily life.

You should plan your article **before** you start writing. Think about what you want to say and make some notes to help you in this box:

Planning notes

(No marks are given for these planning notes)

**Now write your article of 100-130 words on the lines below.** Try to use your own words as far as possible – don't just copy sentences from the reading texts.

**Activity 3**

In the exam, you will read the texts and complete task 2 before you start task 3. Take about five minutes to read through texts A, B, C and D below. What is the main theme of the texts?

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Text A

teenhealth.com  
Health Forums



**TiredTeen01:** Hi. I'm a high school student. I sleep well and eat well but I'm just so tired all the time! Can you give me some advice please?



**DoctorT:** Hi TiredTeen01. Your problem is very common, and there may be a very easy solution to your tiredness. You might feel too tired to exercise, but regular exercise will make you feel less tired and you'll have more energy. Even a single 15 minute walk can increase your energy, and the benefits increase with more frequent physical activity. Start with a small amount of exercise and then build up your physical activity gradually over weeks and months. While it may seem as if moving about when you feel exhausted is the quickest way to feeling more exhausted, the opposite is true. Try it – you won't be disappointed!

Text B

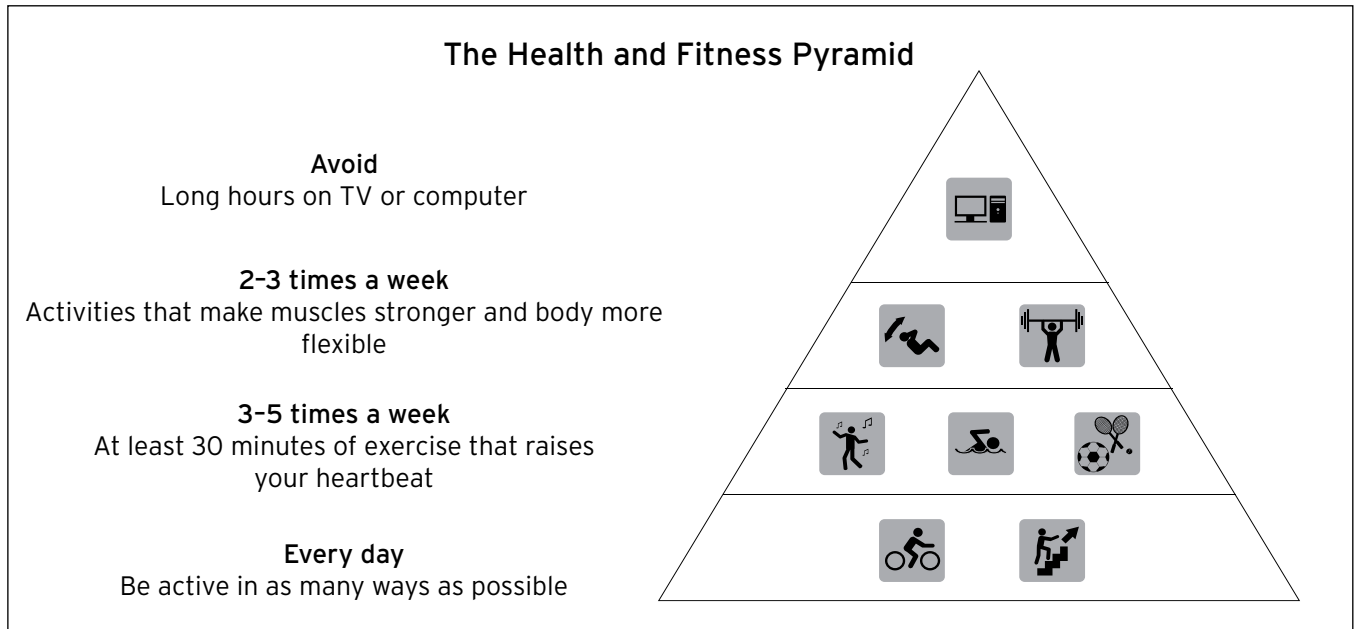
<p>Why do you go to the gym? Maybe it's because you want to get fit or lose weight, but probably not because you want to improve your brain. However, exercise is one of the best things you can do for your brain in terms of memory and learning. Exercise increases brain chemicals, which help make new brain cells. Complicated physical activities, like taking a dance class</p>	<p>or playing tennis, help us learn better by improving our attention and concentration skills. Researchers found that high school students scored better on difficult tasks after doing 10 minutes of a complicated fitness routine. Those who did 10 minutes of regular exercise did less well and those who hadn't exercised at all scored the worst.</p>
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Text C

## Why Exercise?

- ✓ It's free and easy and has an immediate effect.
- ✓ It can reduce your risk of serious illnesses such as heart disease by up to 50%.
- ✓ Exercise improves your mood. It is great for decreasing stress as the chemicals produced when you exercise leave you feeling happier and more relaxed.
- ✓ Physical exercise can improve your sleep. Regular exercise can help you fall asleep more easily and also gives you a deeper sleep. However, don't exercise too close to bedtime or you may find it difficult to sleep.
- ✓ Exercise is fun! It's a great way to meet people or to enjoy free time with friends and family.

**Text D**



**Information**

It's very important to use the information in the texts to write your response. You need to decide which information is relevant to task. You will find the information you need in the summary task (questions 26-30) of Task 2 – Multi-text reading. Look at the summary below. The headings are similar to the 3 bullet points in the instructions to Task 3 above. You should use these notes as a basis for your writing task.

**Summary notes**

**Exercise**

**Benefits to health:**

- 50% less (26.) ..... *risk* ..... of serious illnesses, eg heart disease
- Improves sleep – but remember not to exercise too (27.) ..... *close to bedtime* .....
- Exercise produces (28.) ..... *chemicals* ..... which leave you feeling happier and more relaxed, and it is also a great way to socialise

**Benefits to brain:**

- Increases brain chemicals which create new brain cells
- (29.) ..... *Complicated* ..... physical activities improve attention and concentration

**How much and what kind of exercise?**

- Make small changes every day, eg using stairs and walking to school
- 3-5 times a week do exercise that (30.) ..... *raises your heartbeat* .....
- 2-3 times a week do exercises that strengthen muscles and make you more flexible

**Activity 4**

If you want to get a good score in the test, you need to try to use different words from the text in your response for task 3. Look at the sentence from the summary notes below and the three sentences with similar meanings. Which would be the best one to use in your writing. Why?

Work on your muscles up to three times a week

- a) Up to three times a week work muscles.
- b) Do muscle training around three times per week.
- c) Do muscle training at least three times a week.

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**Activity 5**

Look at the rating scale below. This is what the examiner will use to assess your writing in task 3. Try to complete the gaps (1-4) using one of options a-d.

- a) Correct number of words used
- b) Choosing and adapting correct information from texts
- c) Use of paragraphing
- d) Punctuation and spelling

Rating scale	What is the examiner assessing?
Reading for writing	<ul style="list-style-type: none"> <li>▶ Understanding of texts</li> <li>▶ (1.) .....</li> <li>▶ Using different words from the ones in the text</li> <li>▶ Identifying links across the texts</li> </ul>
Task fulfilment	<ul style="list-style-type: none"> <li>▶ Using formal/informal language</li> <li>▶ (2.) .....</li> <li>▶ Correct genre, eg article/essay</li> <li>▶ Answering all parts of the question</li> </ul>
Organisation and structure	<ul style="list-style-type: none"> <li>▶ Appropriate beginnings/endings</li> <li>▶ (3.) .....</li> <li>▶ Correct format, eg article/essay</li> </ul>
Language control	<ul style="list-style-type: none"> <li>▶ Range and accuracy of grammar</li> <li>▶ Range and accuracy of vocabulary</li> <li>▶ Effect of errors on understanding</li> <li>▶ (4.) .....</li> </ul>

**Activity 6**

You can see in the rating scale that it is important to know the features of the genre (article/essay/letter/email/review) you are writing in the exam. Look at the following facts (A-F) about how to write articles and decide which are true or false.

Features of articles	True or false?
A Articles should have a title or headline	
B Articles should include the writer’s opinion and try to persuade the reader	
C Articles should start with the words ‘Dear Sir/Madam’	
D Articles should always be engaging and the opening lines should catch the reader’s interest	
E The language should be varied and colourful	
F An article should be written in a formal style	

**Question 7**

Look at the example below. Do you think it’s a good answer? Why/why not? Try to think about the information in questions 6 and 7 as you read.

*First of all, doing physical exercise regularly can helps you to sleep better and it will gives you more energy during the day. Furthermore, chemicals produced when you exercise make you feel happier.*

*Do you want to be successful at school? The connection between performance at school and exercise has been found. Researches have shown that doing exercise or practising sports improves your memory and learning skills. Also, complicated physical activities, like dancing or playing basketball, improve your attention and concentration skills.*

*In your daily life, you can use stairs, walk or cycle to school instead of taking a bus. Now you know what to do. If you exercise, you will succeed not only at school but in your life.*

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### Information

On this worksheet we have looked at how to write a task 3 response. You might also write an article in task 4. We have focused on articles in this worksheet, but it's also important to prepare to write an essay, letter, email, and review too. You can find information about these genres at [trinitycollege.com/ISEgenres](http://trinitycollege.com/ISEgenres). You can also find more information about how to write an essay on the Task 4 – Extended writing worksheet at [trinitycollege.com/TfLstudy](http://trinitycollege.com/TfLstudy)

### Answers

#### Activity 1

**How many texts do I read?** Four texts.

**What texts are they?** They are the four texts from task 2.

**What do I write?** An essay, article, letter, email or review.

**How many words do I write?** 100-130 words. You can only use information from the texts in task 2 in your answer. Your answer must be in your own words and not copied from the texts.

#### Activity 2

- a) Why students should do exercise.
- b) The information you read in task 2 (Multi-text reading).
- c) It's not a good idea – try to use your own words as far as possible.

#### Activity 3

The benefits of exercise.

#### Activity 4

- ▶ The best answer is b) because it uses different words and doesn't change the meaning of the original sentence.
- ▶ Sentence a) uses the same words but in a different order.
- ▶ Sentence c) has changed the meaning so is incorrect.

#### Activity 5

<b>Reading for writing</b>	<ul style="list-style-type: none"> <li>▶ Understanding of texts</li> <li>▶ (1.) Using different words from the ones in the text</li> <li>▶ Using different words from the ones in the text</li> <li>▶ Identifying links across the texts</li> </ul>
<b>Task fulfilment</b>	<ul style="list-style-type: none"> <li>▶ Using formal/informal language</li> <li>▶ (2.) Correct number of words used</li> <li>▶ Correct genre, eg article/essay</li> <li>▶ Answering all parts of the question</li> </ul>
<b>Organisation and structure</b>	<ul style="list-style-type: none"> <li>▶ Appropriate beginnings/endings</li> <li>▶ (3.) Use of paragraphing</li> <li>▶ Correct format, eg article/essay</li> </ul>
<b>Language control</b>	<ul style="list-style-type: none"> <li>▶ Range and accuracy of grammar</li> <li>▶ Range and accuracy of vocabulary</li> <li>▶ Effect of errors on understanding</li> <li>▶ (4.) Punctuation and spelling</li> </ul>

**Activity 6**

	True or false?
A Articles should have a title or headline	True
B Articles should include the writer's opinion and try to persuade the reader	True
C Articles should start with the words 'Dear Sir/Madam'	False – this is not a formal letter
D Articles should always be engaging and the opening lines should catch the reader's interest	True
E The language should be varied and colourful	True
F An article should be written in a formal style	False – it could be formal or informal depending on the task

**Activity 7**

**Reading for writing**

- ▶ The candidate has referred to all the input texts and has selected and adapted
- ▶ Completely appropriate information for the purpose of the task
- ▶ All significant information is relevant and has been adapted well
- ▶ No words used from the text
- ▶ Good summary of content

**Task fulfilment**

- ▶ All three parts of the task have been addressed well
- ▶ Good features of genre eg question at the beginning of the second paragraph and using 'you' in the final paragraph
- ▶ All parts of the task have been completed

**Organisation and structure**

- ▶ Separate paragraphs for the three key themes within the question
- ▶ Ideas are presented very clearly and in a logical way

**Language control**

- ▶ A very good range of grammar and vocabulary
- ▶ A high level of accuracy
- ▶ Spelling and punctuation are excellent throughout