

GED 2002 Lesson Plan
Susan Wheatley – Wasatch School District

Area Skill: Essay Writing

Cognitive Skill Level: Application

Activity Title: **Basic Essay**

Introduction:

Say: You will need to write an essay for the GED test. Many of you have never written or are afraid to write an essay. Many of you believe you have nothing to say or don't know how to find the words to compose an essay. Not to worry!!! You will be given a topic to write about that you have had experience with or an opinion about by the GED examiner. You will be given a step by step approach on writing essays by me. As a class, we will brain storm a topic and write an essay together.

Main Activity

Say: Let's work through this essay together using the following easy outline.

I. Introduction – 4 or 5 sentences.

- Restate the question in your own words – 2 or 3 sentences.
- Give an your opinion on the topic – 2 sentences.
Example: I feel . . .
- Don't use details in the introduction.

II. Body - 5 or 6 sentences.

- Choose the topic and support it with lots of details.

III. Body – 5 or 6 sentences.

- Choose another related topic and support it with lots of details.

IV. Conclusion – 2 or 3 sentences.

- Bring back the main point from paragraph one using the phrase “In conclusion . . .” (one sentence)
- Make a prediction or give a solution on the topic. (one or two sentences)

Say: You will need to know a few rules:

- Always indent every new paragraph – make it noticeable.
- Don't skip lines between paragraphs.
- Don't use *you* or *your* in the essay – write in 1st or 3rd person.
- Don't use “cousins of aint” – brang, brung, should of, could of, would of, hisself, or theirself.

Now is it time to brainstorm the second and third paragraph.

2nd paragraph brainstorming notes - diet

- eat healthy foods - example fruit, vegetables, grains, dairy
- eat a balanced diet
- drink a lot of water – about 8 glasses a day
- eat and drink in moderation
- don't take drugs or alcohol
- don't eat fats or sweets
- don't eat too much fast food

3rd paragraph brainstorming notes – exercise

- aerobic exercises are good for the heart
- walking and running are good exercises and are free
- exercise daily
- exercise with a friend to keep each other motivated – misery loves company
- builds strong muscles and is good for the heart
- exercise helps a person lose or maintain weight

Sample essay that a class and teacher did together using a basic essay method:

There are many Americans that are becoming health conscious. They want to look and feel good. I believe that there are two ways to maintain good health. Eating a good diet and exercising regularly will help Americans stay fit.

A person should have a good diet. He should eat healthy foods such as fruits and vegetables. Dieting Americans must have a balanced diet. They should stay away from drugs and alcohol. People should avoid eating at fast food restaurants such as McDonalds or Burger King. Drinking a lot of water will help people stay healthy. The key to a successful diet is to eat and drink in moderation – starvation is not an alternative.

Another way to look good and stay fit is to exercise. Americans should exercise everyday. Running, walking, and swimming are inexpensive and build strong muscles. They are also great aerobic exercises. A person should exercise with a friend to stay motivated. It is also good to set up an exercise routine. Exercising helps a person lose or maintain his weight.

In conclusion, dieting and exercising are two good ways to help Americans look good and stay healthy. When people look good, they feel good. I feel that a good diet and a lot of exercise is a good habit that Americans must start at an early age to be successful.

Closure/Conclusion

Say: Now wasn't that easy? Now it is your turn to write an essay using this basic method. After writing your essay, proofread it for errors in spelling, punctuation, and grammar, and submit it to me. Feel free to share your essay with the class.

Essay topic suggestions:

1. We often hear complaints that there is too much violence on television, but in many ways television benefits society. In a well-organized essay, discuss some of the positive effects of watching television.
2. We are bombarded daily by advertisements. They appear in newspapers and magazines, on television, and on billboards. How do advertisements affect society? Discuss the positive effects, the negative effects, or both.