


Student name: _____

Class: _____

Date: _____

Practice

- 1**  As with self-editing, you will find a checklist helpful for peer review. Prepare a checklist of things to look for when checking the work of others. Then compare lists with a partner.

Peer review checklist

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

- 2** Peer reviewers sometimes suggest alternative words – perhaps because the original words were repetitive, too simple, or otherwise inappropriate. Match the simple verbs (a–e) to the groups of more interesting or specific verbs (1–5).

- a eat/chew _____
- b have/get _____
- c say/tell _____
- d see/look _____
- e walk/move/come _____

- 1** announce
maintain
remark
report
state

- 2** acquire
enjoy
obtain
own
secure

- 3** consume
devour
gobble
nibble
swallow

- 4** step
stride
stroll
tramp
tread

- 5** notice
observer
peer
spy
view

- 3**  Replace the word in **bold** with a more suitable one from Exercise 2.

- Compare your answers with a partner.
 - Make sentences with some of the other words in each group from Exercise 2.
- a Jones **had** a certain amount of success as a commercial artist in the 1930s. _____
- b If you look closely, you will **see** that the appearance has changed a little. _____

- c Her career was cut short by the scandal, although she consistently **said** she was innocent. _____
- d During the experiment, the rabbit **chewed** the carrot a little but soon moved away. _____
- e Police have asked for any witnesses to the accident to **come** forward. _____
- f More than 5,000 people **saw** the painting on the first day of the exhibition. _____
- g The painting depicts a young couple **walking** along the seashore. _____
- h For health reasons, it is important not to regularly **eat** more calories than you burn off with exercise. _____
- i The results of the tests will be **told** to you on Monday. _____
- j They **got** the company for a very low price because it was about to go bankrupt. _____

4



Review the text on the following page. Look for the items from the list in the lines with the matching letters. Then suggest changes, as in the example.

- Compare your answers with a partner.
- Would you make any other changes?
- a unnecessary phrase which makes the writing sound less academic

Original phrase: and a very few young ones

Suggestions: Doesn't sound very academic and could be deleted. Alternatively, the whole first sentence could be deleted. The text could begin with the second sentence: 'For many years, gardening has been ...'

- b sentence which is too personal and informal for academic writing

Original phrase: _____

Suggestions: _____

- c repeated word

Original phrase: _____

Suggestions: _____

- d phrase repeated from above

Original phrase: _____

Suggestions: _____

- e over-simple/colloquial word

Original phrase: _____

Suggestions: _____

- f over-simple/colloquial word

Original phrase: _____

Suggestions: _____

g overused word

Original phrase: _____

Suggestions: _____

h over-simple/colloquial word

Original phrase: _____

Suggestions: _____

i over-simple/colloquial word

Original phrase: _____

Suggestions: _____

j over-simple/colloquial word

Original phrase: _____

Suggestions: _____

k over-simple/colloquial word

Original phrase: _____

Suggestions: _____

l over-simple/colloquial phrase

Original phrase: _____

Suggestions: _____

The use of gardening in therapy

For the health sector, gardening is much more than a hobby for old people **and a very few young ones**. For many years, it has been recognized by health authorities as an extremely useful part of occupational therapy. The mental and physical health benefits of working with plants are things that the older generation took for granted. We didn't know how lucky we were! We have moved away from agricultural living, however, and in that move, we have left behind not only a healthier, more active lifestyle, but also the connection with nature that has been a life force for as long as humans have existed.

A therapeutic garden could be attached to a hospital or rehabilitation centre, or the patient's own property. Depending on the needs of the patient or patients, it might include features like wide entrances; wide, smooth paths with minimal inclines to allow for wheelchair access; raised planting beds to reduce the need for bending; and strategically placed benches to allow for sitting and relaxing. The plants used (if not grown to eat) typically appeal to the senses, so they are often chosen for their colour, fragrance or texture.

a

b

c

d


e

Incorporating gardening into therapy helps to restore balance in the lives of people who have been injured or are otherwise incapacitated by illness. From a physical point of view, walking around the garden helps regain lost mobility, while gentle bending, stretching and lifting help the patient to build muscle strength. Obviously, as some patients recuperate, they can take on heavier work like digging and cutting wood.

Of course, these physical benefits could also be got with sessions in the gym or the pool. However, these would not provide the mental health benefits that gardening gives, and it is here that gardening really benefits the patient. Participants in gardening programmes report having less stress, feeling more alert during the day and having better sleep. In addition, it is no small matter that people also report that they feel better in the knowledge that they are helping the environment. The increased wellbeing that patients talk about is a quantifiable measure of the success of such schemes. In the following paragraphs, I intend to examine the benefits in greater detail.

f
g
h
i
j
k
l

Reflect

- 5**  Look again at the checklist you wrote in Exercise 1. Now that you have reached the end of the Worksheet, is there anything you should add? Discuss with a partner.