

Writing practice — sample 2

Version 1: original text submitted by the student

What I would cook if my wife let me

As I mentioned in previous essay, my wife doesn't allow me to cook meals. The reason is that I love a high-calorie diet, which causes all of us to put on weight. Therefore, I have to eat the meals which my wife cooks. My wife is very good at cooking, so I don't have any complain about it. However, I have a tiny wish to cook as much as I like.

I had cooked something for my family at several times. I cooked a dinner when my wife caught a cold. She said she didn't want to eat anything, and asked me to cook something our children wanted to eat. I asked our children what they wanted to eat, and they answered that they wanted to eat Chinese dishes. I enthusiastically cooked some dishes for our kids, and I got good reviews from them. However, my wife got angry when she ate the rest of the dishes on the next day. She found that the dishes had a strong flavor and was very oily.

I cooked some sweets on Christmas for our kids. I wanted to make a handmade Christmas cake, and I tried it two times. Firstly, I thought up the mousse was the best to cook a handmade cake in our kitchen, because we didn't have a fine oven. Although I carefully weighed the ingredients, the strawberry mousse didn't solidify enough. However, the taste was so good that the kids praised me. Only my wife blamed me that she didn't eat such cake in liquid state. Secondly, my wife suggested us to use a readymade plain sponge. My kids and I decorated it by a plenty of cream and fruits. We succeeded it, but my wife complained it because she got tired of eating the cake. She wanted to eat her favorite cake rather than my handmade cake. Our kids have the same idea nowadays.

I have cooked for only for our children, and I probably succeeded on this point. If my wife allows to cook the meals, I would have to understand her order. I will be able to deal with her order perfectly, because I have never been judged my ability of cooking.

[376 words]

Version 2: basic corrections

What I would cook if my wife let me

As I mentioned in ~~the~~ previous essay, my wife doesn't allow me to cook meals. The reason is that I love a high-calorie diet, which causes all of us to put on weight. Therefore, I have to eat the meals which my wife cooks. My wife is very good at cooking, so I don't have any complaints about it. However, I ~~have a tiny~~ sometimes wish ~~to~~ I could cook as much as I liked.

I ~~had~~ have cooked something for my family ~~at~~ several times. I cooked (a) dinner when my wife caught a cold. She said she didn't want to eat anything, and asked me to cook something our children wanted to eat. I asked our children what they wanted to eat, and they answered that they wanted to eat Chinese dishes. I enthusiastically cooked some dishes for our kids, and I got good reviews from them. However, my wife got angry when she ate the rest of the dishes ~~on~~ the next day. She found that the dishes had a strong flavor and ~~was~~ were very oily.

I ~~cooked~~ made some sweets ~~on Christmas~~ for our kids ~~at Christmas~~. I wanted to make a ~~handmade~~ homemade Christmas cake, and I tried it two times. Firstly, I thought ~~up the a~~ mousse ~~was~~ would be the best ~~to cook~~ way to make a ~~handmade~~ homemade cake in our kitchen, because we ~~didn't~~ don't have a ~~fine~~ proper oven. Although I carefully weighed the ingredients, the strawberry mousse didn't solidify enough. However, the taste was so good that the kids praised me. Only my wife ~~blamed me~~ complained that she ~~didn't~~ couldn't eat such cake in ~~such a~~ liquid state. Secondly, my wife suggested ~~us to~~ that we use a readymade plain sponge cake. My kids and I decorated it ~~by a~~ with plenty of cream and fruit(s). We succeeded ~~it~~, but my wife complained ~~about~~ it because she got tired of eating the cake. She wanted to eat her favorite cake rather than my ~~handmade~~ homemade cake. Our kids have the same idea nowadays.

I have ~~only~~ cooked ~~for only~~ for our children, and I ~~have~~ probably succeeded ~~on~~ in this ~~point~~ endeavor. If my wife ~~allows~~ allowed me to cook (the) meals, I would have to ~~understand~~ obey her orders. I ~~will~~ would be able to ~~deal with her order~~ follow her instructions perfectly, ~~because~~ although I have never been judged ~~on~~ my ability of cooking ~~ability~~.

Version 3: text re-written by the teacher

What I would cook if my wife let me

As I mentioned in the previous essay, my wife doesn't allow me to cook meals. The reason for this is that I love a high-calorie diet, which causes all of us to put on weight. I therefore have to eat the meals which my wife prepares. My wife is very good at cooking, so I don't have any complaints about that. However, I do sometimes wish I could cook as much as I wanted.

I have cooked something for my family on several occasions. I cooked dinner when my wife caught a cold. She said she didn't want to eat anything and asked me to cook something our children would like to eat. I asked our children what they would like, and they chose Chinese food. I enthusiastically prepared some dishes for our kids and got a favorable response from them. However, my wife got angry when she ate the leftovers the following day. She thought that the dishes had too strong a flavor and were too greasy.

I also made some sweets for our kids at Christmas. I wanted to make a homemade Christmas cake and made two attempts. At first I thought a mousse would be the best way to make a homemade cake in our kitchen, because we don't have a real oven. Although I carefully measured out the ingredients, the strawberry mousse didn't set properly. Nevertheless, the taste was so good that the kids praised me. Only my wife complained that she couldn't eat cake in such a liquid state. After that, my wife suggested that we use a readymade plain sponge cake as a base. My kids and I decorated it with plenty of cream and fruit. We made quite a good job of it, but my wife complained that she soon got tired of eating the cake. She wanted to eat her favorite cake rather than my homemade one. Nowadays, our kids tend to agree with her.

I have only cooked for our children, and probably with some success. If my wife allowed me to cook meals, I would have to follow her instructions to the letter. This I would be able to do, despite never having won an award for my cooking skills.

Writing practice — sample 2

Version 1: original text submitted by the student

The importance of sleep

I understand the importance of sleep because I always have insufficient sleep. I go out for drink with my clients very often, and I get up early every morning. So, my average sleeping hours is about 5 hours for each day. I can work hard every day, but I sometimes feel tired and sleepy. It is said that an average sleeping time for each day would be 6 hours enough, but my sleeping time is shorter than it.

Recently, I heard the word “sleeping debt” that means the cumulative effect not getting enough sleep. They say that if “sleeping debt” is getting larger, it causes mental or physical fatigue. My current situation is typical case of the results of partial sleep deprivation. Therefore, I have to reimburse my sleeping debt by getting sleeping hours enough. However, as a matter of fact, my sleeping debt is increasing every day.

There are various theories about sleeping debt, but I could find the solution for tiredness and sleepiness by lack of sleep. I have been looking out for the effective exercise I can do in my house, and I finally find a very useful app. It provides me various stretching exercise every day. It shows the role model by video and gives time keeping, so I can do various exercise only by following the video.

After the exercise, I always feel tired a little and I go to bed. In the next morning, I found the effect of the exercise. I could get to sleep very soon, and I could wake up clean. I know sleep deprivation may lead various effect for health, but I want to keep mind to have good quality sleep, so I want to continue doing the exercise every night.

[295 words]

Version 2: basic corrections

The importance of sleep

I understand the importance of sleep because I always have / **get** insufficient sleep. I go out for drinks **s** with my clients very often, and I get up early every morning. So, my average sleeping **hours time** is about 5 hours ~~for each day~~ **per night**. I can work hard every day, but I sometimes feel (tired and) sleepy. It is said that ~~an~~ **the** average sleeping time ~~for~~ **needed** each day ~~would be~~ **is about** 6 hours ~~enough~~, but my sleeping time is shorter than ~~it~~ **that**.

Recently, I heard the ~~word~~ **expression** "sleeping debt", ~~which that~~ means the cumulative effect **of** not getting enough sleep. They say that if "sleeping debt" ~~is getting larger~~ **rises** it causes mental or physical fatigue. My current situation is **a** typical case of the results of partial sleep deprivation. Therefore, I ~~have~~ **ought** to ~~reimburse~~ **pay off** my sleeping debt by getting **sufficient** sleeping hours ~~enough~~. However, as a matter of fact, my sleeping debt is increasing every day.

There are various theories about sleeping debt, ~~but and~~ I ~~could find the~~ **have been looking for a** solution ~~for to the~~ tiredness and sleepiness caused by lack of sleep. I ~~have been looking out for the~~ **thought about** effective exercise I ~~can~~ **could** do in my house, and I finally ~~find~~ **found** a very useful app. It provides me **with** various stretching exercises every day. It shows ~~the~~ **a video** role model ~~by video~~ and gives **the** time ~~keeping~~ **allowed for each movement**, so I can do various exercises only / **just** by following the video.

After the exercise **session**, I always feel ~~tired~~ a little **tired** and I go to bed. ~~In~~ The next morning, I ~~found~~ **noticed** the effects of the exercise. I could get to sleep very soon, and (I could) wake up ~~clean~~ **feeling refreshed**. I know sleep deprivation may lead **to** various ~~effect~~ **problems**, ~~but so~~ I want to ~~keep mind to~~ have good quality sleep, ~~so I want to~~ **and** continue doing the exercises every night.

Version 3: text re-written by the teacher

The importance of sleep

I understand the importance of sleep because I never seem to get enough of it. I often go out drinking with clients, and since I also like to get up early every morning my average sleeping time is only about 5 hours per night. I can work hard in my job, but I sometimes feel sleepy during the daytime. It is said that the average person needs at least 6 hours' sleep, but my sleeping time is shorter than that.

Recently, I heard the expression "sleep debt", which means the cumulative effect of not getting enough sleep. They say that if sleep debt rises it causes mental or physical fatigue. My current situation is a typical case of the results of partial sleep deprivation. Therefore, I ought to pay off my sleep debt by going to bed earlier. In fact, however, my sleep debt is increasing every day.

There are various theories about sleep debt, and I have been looking for a solution to the daytime fatigue and drowsiness caused by lack of sleep at night. I started thinking about effective physical exercise I could do at home to make me feel tired, and I finally found a very useful app. Every day it demonstrates various stretching exercises with a video role model, and specifies the time allowed for each movement. So I can do a workout just by following the video.

After the exercise session, I always feel a little drowsy and head straight to bed. The next morning I notice the positive effects of the exercise. I have been able to fall asleep right away and wake up feeling refreshed. I know sleep deprivation may lead to various health problems, so I want to get good quality sleep and continue doing the exercises each night.

END