**SAMPLE ANSWER FOR ESSAY PRACTICE.**

2716-B Taman Orkid,

76400 Klebang Besar,

Melaka.

14 February 2020.

Dear Haris,

How are you and how’s Uncle Asyraf? Hope both of you are fine. Do not worry so much about Uncle Asyraf. I am sure he will be fine soon. By the way, I saw this interesting article in a health magazine on how to prevent stroke and I thought of sharing the information with you.

According to the article written by a well-known cardiologist, one has to stop smoking. Luckily, Uncle Asyraf gave up smoking last year. If not, his condition could be worse. The blood pressure must be kept down. Remind Uncle not to worry unnecessarily as it might increase his pressure. One is also advised to eat a low-fat, low-salt diet. So tell Aunt Aida to reduce the amount of salt in her cooking and also avoid high cholesterol food. Tell him to take lots of fruits and vegetables which will lower the cholesterol level and give a lot of fibre. The doctor also advises stroke patients to lose extra weight if the are overweight. Why don’t you bring Uncle for walks every evening? It will make him feel better than sitting in the house the whole day. Do not forget to bring him for regular check-ups so that the doctor can monitor his condition.

I hope Uncle Asyraf will find these tips useful. In fact, all of us should take care of our health by taking these preventive measures. Okay, I will pen off here. Do take care of yourself and Uncle Asyraf. Send my love to him as well as Aunt Aida.

Your loving cousin,

Afiq