

Assignment instructions:

In this assignment, you will write an argumentative essay arguing why a particular leisure activity should or should not be considered work. As you prepare your essay, think about the Unit Question, “What is the difference between work and fun?”

Grammar focus of unit: Noun clauses

Vocabulary skill focus: Reporting verbs (and other vocabulary from Unit 2)

Writing skill focus: Using evidence to support an argument

Note: Student has underlined words and phrases as per specific criteria mentioned in the instructions. See document: Unit Specific Criteria for Argumentative Essay for criteria related to content and vocabulary.

Gardening Should Not Be Considered Work

People do various activities on their day off and vacation. Playing sports and fishing is popular for leisure activity. Gardening is also one of the popular activities for not only young women but also male and elders for a long time. People can enjoy growing flowers and vegetables in their own yard. When you go to home center, you can see many products of gardening. If you have a yard, you may also do gardening. Although patience is necessary to grow plants, gardening should not be considered work because gardening affects our mental, also people can get the benefits of physical through gardening, and gardening bring a lot of joy.

Firstly, one of the reasons is that gardening is good for our mental health. According to “The Benefits of Gardening for Older Adults: A Systematic Review of the Literature”, Wang and Milan (2013) say that gardening removes loneliness and gives opportunity to get creativity. Gardening provides a chance to communicate with others, so people can improve their social skills and create good relationship with others. In addition, people can learn about responsibility by growing plants. It connects to have confidence and high sense of value. Besides, gardening brings people relaxation by smelling plants, taking sunshine, and acts of destruction such as

chopping, digging and pulling. Those actions can reduce the stress of every life. Gardening is thought as one of the therapies.

Secondly, gardening provides benefits for our physical health. Gardening may look like a menial activity. However, gardening is useful for getting rid of lack of exercise. For example, when you do gardening, you need to carry some heavy things such as soil and pots. It is good for exercise of your legs and arms. In addition, when you do gardening in your yard, vitamin D synthesis is prompted from the sun will protect you from losing bone density.

Finally, people get joy by gardening. According to Gaston and Yamamura (2016), in the United Kingdom, 40% of the total population engages in gardening. In addition, 117 million people (one of three) engage in gardening in the United State of America, and 32 million people (one of four) do daily gardening as hobby in Japan. Those data prove how gardening is popular in the world, and if gardening is not enjoyable, there will not be so many people who participate in gardening like this. The biggest amusement point of gardening is growing our favorite plants. We can enjoy seeing the process of plant growing up. In other words, we can feel sense of achievement. Creating favourite yard is also one of the attractive points of gardening.

In fact, gardening is an activity that requires patience. For example, when you grow plants you need to give some water every day. In addition, the plants take a lot of time to become mature. However, if you overcome it, you can be impressed and learn importance of achievement of something. “Work” is considered that it is not fun and stressful. However, gardening has a lot of fun points, and it can remove stress and protect some diseases. Gardening is totally opposite from “work”. Therefore, gardening should not be considered work, and it is one of the leisure activities in our daily life.