

In the spotlight ...

Purpose:

Language features:

Text type:

Audience:

The best time to take your resting pulse is first thing in the morning. Bear in mind that higher than normal heart rates can be caused by stimulants like tea, coffee, certain soft drinks and nicotine, as well as by emotional stress, fatigue and illness or injury.

Tone:

Task: use the features that you've identified to write a similar text.