

## EXERCISE 5

Put the paragraphs in the correct order to complete the IELTS Writing Task 2 essay.

**Sugar is now a big health problem in many countries around the world.  
What is your opinion?**

Nowadays, a lot of people around the world are unhealthy because they eat too much sugar. In my opinion, people should reduce the amount of sugar they eat but also enjoy sweet things sometimes. In this essay, I am going to explain why I partly agree and disagree that sugar is a big health problem.

On the other hand, it is important not to stop enjoying traditional food. For example, in my country we have traditional sweet cakes with cherries and nuts, which we eat at parties. Also, where I live it is normal to have sugar with coffee. I think it would be sad to stop eating these cakes on special occasions and I do not agree that it is a problem to drink coffee with sugar sometimes.

On the one hand, it is true that people eat too much sugar now and that it has a bad effect on their health. For example, in my country a lot of people drink cola with their meals instead of water. Cola has a large amount of sugar in it so they are drinking a lot more calories. More calories means that people get fat and have problems with their heart or other illnesses. In my view, they should reduce the amount of cola that they drink.

In conclusion, I agree that sugar is a big health problem. I think people should reduce the amount of sugar they have by drinking water instead of cola but I also think they should still enjoy sugar on special occasions or in coffee sometimes.

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