



Imagine that you are doing a project on what healthy diets are popular in Zetland. You have found some data on the subject - the results of the opinion polls (see the bar chart below).

Comment on the data in the bar chart and give your opinion on the subject of the project.

The survey question:

Which of the healthy diets do you or your friends follow?

Choose one option

The Mediterranean Diet – 29%

The Flexitarian Diet – 25%

The DASH Diet – 22%

The Weight Watchers (WW) Diet – 15%

The Nordic Diet – 9%

Write **200-250 words**.

Use the following plan:

- make an opening statement on the subject of the project
- select and report 2-3 facts;
- make 1-2 comparisons where relevant and give your comments;
- outline a problem that can arise with maintaining a healthy diet and suggest a way of solving it;
- conclude by giving and explaining your opinion on the importance of a healthy eating lifestyle in people's lives.

