

#### EXERCISE 4

Before you write the IELTS Writing Task 2 essay you should make a plan.

Complete the plan with the correct words or phrases in the box.

I think they should	<b>plan</b>	enjoy	important	my opinion	too much
cola	sugar in coffee	sugar has bad effect on health			

**Essay** \_\_\_\_\_

**Introduction:** a lot of people are unhealthy because of sugar

\_\_\_\_\_ = people should eat less sugar but enjoy it sometimes

**Main Paragraph 1, Fact:** true = \_\_\_\_\_

**Reasons or examples:** people drink \_\_\_\_\_ / this could make them ill

**Result or opinion:** \_\_\_\_\_ drink less cola

**Main Paragraph 2, Fact:** traditional food is \_\_\_\_\_

**Reasons or examples:** like traditional cakes and coffee in my country

**Result or opinion:** I think it's okay to have cakes at parties or

\_\_\_\_\_  
**Conclusion:** people should eat less sugar but still \_\_\_\_\_ it sometimes