

Part 2: Practice exercises: Task 2

- 5 Once you have analysed the title, you need to generate ideas. It helps to begin by identifying how you feel about the topic. Look at the statements 1–5 below and mark them according to how closely they represent your opinion. SA (Strongly agree), A (agree), D (disagree), SD (strongly disagree)
- 1 We should return to more natural methods of food production, such as organic farming, even if this means that we produce food less efficiently.
 - 2 In order to improve public health, governments should require food manufacturers to add nutrients to their products.
 - 3 The problem of rising levels of obesity in many parts of the world is mainly due to people's lack of knowledge about food and nutrition.
 - 4 Because fast food is generally unhealthy, governments should regulate the fast food industry in the same way that they regulate the alcohol and tobacco industries.
 - 5 Convenience food will become increasingly prevalent and eventually replace traditional foods and traditional methods of food preparation.

- 6 When you write your essay, you must give reasons for your opinions. You should also show that you have 'tested' your opinion by comparing it with at least one other opinion and examined the reasoning behind it. Look at the two opinions below and the reasons a–g. Indicate which reasons support each opinion by writing letters a–g in the spaces provided. The first one has been done for you.

- 1 Some people strongly agree that we should return to more natural methods of food production, such as organic farming, even if this means that we produce food less efficiently. They believe this because: C, _____, _____
- 2 Other people strongly disagree that we should return to more natural methods of food production, such as organic farming, even if this means that we produce food less efficiently. They believe this because: _____, _____, _____, _____

Reasons

- a More people will need to be employed on farms, and fewer people will be available to do work that will help the country develop economically.
- b Producing food less efficiently could lead to food shortages.
- c It is better for the environment to produce food using fewer chemicals such as pesticides and herbicides.
- d Organically produced food is no more nutritious than food produced using pesticides and artificial fertilisers.
- e Naturally produced food tastes better than food produced using more artificial methods.
- f Food that has been produced without preservatives is less likely to stay fresh, so more food may be wasted.
- g Man-made chemicals used in modern methods of food production could be harmful to human health.

Exam tip: Templates are useful for training yourself to think of a range of points quickly and write about them in an organised way. However, during the actual exams, you should spend only 3–4 minutes on this stage, so you will probably have to do your preparation in your head rather than on paper.

- 7 Templates A and B below can be used for essay questions that involve writing about solutions to problems. Read the essay questions 1 and 2 and complete Templates A and B with the missing information a–h below.

1 What can governments do to encourage children to eat a healthier diet?

Template A: 'What is the solution?' essay questions				
	What are the possible solutions?	What specific action can be taken?	What are the positive consequences?	What are the drawbacks?
1	Regulate the food industry.	Require food producers to fortify their products with vitamins.	1 _____	This would be unpopular & expensive for food producers.
2	Regulate school meals.	2 _____	Children would have at least 1 healthy meal per day.	This would not stop children from bringing unhealthy packed lunches or going out for lunch to fast food outlets.
3	3 _____	Require schools to teach children to cook healthy foods.	Children can take pride in their learning & transfer these skills to the home.	4 _____

- a Schools may not have the facilities to teach cooking.
 b Children would eat healthier food without having to change their habits.
 c Require schools to provide only healthy food and drink at lunch time.
 d Educate children about healthy eating.

2 Should the government regulate the fast food industry in the same way that it regulates the drug, alcohol and tobacco industries?

Template B: 'Evaluate the solution' essay questions			
What are the possible solutions?	What specific action can be taken?	Positive consequence(s)	Drawback(s)
Solution in the question: Regulate the fast food industry like drug, alcohol & tobacco industries.	Restrict opening hours. Restrict location, e.g. not near schools.	Send a clear signal that fast food is bad for health. 5 _____	This would not stop people cooking & eating unhealthy food at home. 6 _____
Other possible solution: public health campaign explaining the dangers of eating too much fast food	television advertising showing long-term consequences of unhealthy diet	Help people change their eating habits fundamentally. 7 _____	People could ignore government advice. 8 _____

- e Reduces people's access to unhealthy foods.
 f Effectiveness of public health campaigns can be difficult to measure.
 g Allows freedom of choice.
 h Too much government interference is unpopular with business & bad for the economy.

- 8 Similar templates can be used for Task 2 essay questions that require you to discuss ideas. However, instead of listing 'positive consequences' and 'drawbacks', you will list 'evidence for the idea' and 'evidence against'.

Read the essay questions 1 and 2 and complete Templates C and D with the missing information.

- 1 Dieting to lose weight has become increasingly prevalent in the developed world. Why do you think people nowadays are so concerned with body shape and size?

Template C: 'Discuss your ideas' essay questions			
	What are your ideas?	What is the evidence for?	What is the evidence against?
1	Advertisements encourage people to value slim figures.	Advertisements often show desirable consumer products alongside slim models.	Advertisers wouldn't use slim models unless the public already had a favourable view of them.
2	People associate slimness with positive character traits.	People who do not eat too much are seen as having good self-control.	1 _____
3	2 _____	3 _____	If people diet too much, they may become malnourished.

- 2 The problem of obesity is mainly due to people's lack of knowledge about healthy eating. To what extent do you agree with the statement above?

Template D: 'Evaluate an idea' essay questions		
What are the ideas?	What is the evidence for?	What is the evidence against?
Idea in the question: Obesity is due to lack of knowledge about healthy eating.	4 _____	5 _____
Other possible idea: 6 _____	7 _____	8 _____