

UNIT 8: NATURAL WORLD

E. WRITING

Exercise 1. Read the sentences about IELTS Writing Task 2. Are they True or False?

1. You should spend about 20 minutes on IELTS Writing task 2.
☐ True ☐ False
2. You should write at least 250 words in IELTS Writing task 2.
☐ True ☐ False
3. You get a higher score if you can write a lot more than 250 words in IELTS Writing task 2.
☐ True ☐ False
4. You should discuss different opinions about the question and give your own opinion.
☐ True ☐ False
5. You should not write about your own knowledge or experience of the topic.
☐ True ☐ False
6. It is a good idea to be funny and informal in your answer for IELTS Writing task 2.
☐ True ☐ False

Exercise 2. Read the information. Then decide whether the underlined words and phrases are the subject or the special idea about the subject.

To understand the IELTS Writing Task 2 question you should find the **subject**, and the **special idea about the subject**:

Eating enough fruit and vegetables is the most important part of a healthy lifestyle. Do you agree or disagree?

In the question above, the **subject** is a healthy lifestyle and the **special idea** is that eating enough fruit and vegetables is the most important part of a healthy lifestyle.

- 1 There are too many overweight children in the world. Why do children become overweight and what can be done about it? → *the subject/ the special idea about the subject*
- 2 Some people think that vegetarians are healthier than meat-eaters while other people think they are less healthy. Compare the two views. → *the subject/ the special idea about the subject*
- 3 Compare the dangers and benefits of using oil in cooking. → *the subject/ the special idea about the subject*

FOUNDATION 2

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

→ *the subject/ the special idea about the subject*

Exercise 3. After you have found *the subject and the special idea about the subject*, you should decide what the essay question is asking you to do. Match each essay question with what it is asking you to do.

Agree or disagree	Compare advantages and disadvantages
Compare two different opinions	
Discuss problem and solutions	

1. There are too many overweight children in the world. Why do children become overweight and what can be done about it?
2. Some people think that vegetarians are healthier than meat-eaters while other people think they are less healthy. Compare the two views.
3. Compare the dangers and benefits of using oil in cooking.
4. Sugar is now a big health problem in many countries around the world. What is your opinion?

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	plan	enjoy	important	my opinion
sugar has bad effect on health		sugar in coffee	too much cola	

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 example: like traditional food and coffee in my country

FOUNDATION 2

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

Conclusion: people should eat less sugar but still _____ it sometimes

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?

On the one hand, it is true that people eat too much sugar now and that 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.

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.

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.

Exercise 6. Read the sentences and underline the phrases for giving opinions.

1. In my opinion, people should reduce the amount of sugar they eat but also enjoy sweet things sometimes.
2. On the one hand, it is true that people eat too much sugar now and that it has a bad effect on their health.
3. More calories means that people get fat and have problems with their heart or other illnesses.
4. In my view, they should reduce the amount of cola that they drink.
5. On the other hand, it is important not to stop enjoying traditional food.

FOUNDATION 2

6. I think it would be sad to stop eating these cakes on special occasions.
7. I do not agree that it is a problem to drink coffee with sugar sometimes.
8. In conclusion, I agree that sugar is a big health problem.

Exercise 7. Complete the table with the advantages and disadvantages

sometimes tastes disgusting	often cheaper than eating in a restaurant	
can cause heart problems	can be delicious	often high in fat and sugar
can make you overweight	quick and easy	
if you buy fast food you do not have to cook at home.		

advantages of fast food	disadvantages of fast food

Exercise 8.

WRITING TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

Hamburgers and pizzas may be convenient but they can be also be unhealthy. Compare the advantages and disadvantages of fast food.

Give reasons for your answers and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.

