

Topic: You should spend about 40 minutes on this task.

In many countries large amounts of foods are wasted. Why do you think people waste food in this way? What can be done to reduce the amount of food thrown away?

Give reasons for your answers and include any relevant examples from your own knowledge or experience. Write at least 250 words.

Read 3 samples and give them suitable marks: **4.5-5.0-6.0-6.5**

SAMPLE 1:

One of the widely discussed issues nowadays is that in some countries large amounts of food are wasted, it is undeniable that food become an essential part of our life.

However, there is no absolute agreement on whether wasting food is normal or whether people should take action to save food.

A commonly held belief is that there is a widespread opinion that everyone says that you need to respect and save food. As evidence of this they point to how to show as an example that there is no throwing away food. Furthermore, the belief is often supported by examples showing that people avoid wasting food. Additionally, it suggests that this behavior demonstrates widespread respect and the value placed on food preservation. It could be explained by the fact that in various societies, cultural norms and ethical principles have developed around food. People strive not to waste food out of respect for resources and its importance in sustaining life, especially considering historical food shortages in many cultures.

On the other hand, some people claim that, the emphasis on not wasting food is overblown or impractical in certain contexts. They argue that while respecting food is important, rigid adherence to saving every scrap may lead to excessive preservation efforts or overlook other critical aspects of sustainability and resource management.

Having weighted everything mentioned up, we can come to a conclusion that, while it is crucial to avoid food waste due to its ethical and resource-oriented implications, finding a balanced approach that considers sustainability, practicality, and cultural context is essential for effectively managing food resources in today's world.

(267 words)

SAMPLE 2:

Nowadays, it is believed that huge amounts of foods are not consumed in a lot of countries. This essay will discuss the reason that many generations waste food in this method and the solution to decrease the amount of food that is not finished eaten.

There are several factors that people throw away their food. Firstly, some foods do not contain nutritional value like pizza and chicken. For example, in Vietnam, some of them have a habit of putting leftover foods that are unhealthy into a trash bin and could lead to environmental damage. Secondly, because people order a lot of foods at a restaurant and not able to finish all, they may leave these behind instead of having these as takeaway foods. As a result, staffs at this place may have to clean up the foods and wash these, resulting in consuming more energy.

Numerous proportions of foods that are wasted could be tackled in several solutions. First of all, every restaurant must put a restriction sign to let people aware if they cannot finish their foods, they would have to pay extra fee. From my own experience, when I went to Thailand and ate at the food shop, there was a notice board to warn people about not wasting any foods. The other method is to encourage food eaters to order foods and eat these at home so that they could finish these at their residential place, which is more convenient than having foods at the restaurant. In my experience, some Australian people especially teenagers prefer to order foods and bring these home because they want to guarantee that their foods will not be left unfinished.

In conclusion, although many wasted foods are a severe problem in a huge number of countries, there could be a handful of ways to address this issue. (278 words)

Nowadays, most of the people reach easily different type of foods, they consume a part of these foods and think about the other part of unimportant for themselves. I believe that there are myriad solutions of waste food and I will explain my perspective with practical examples and more details.

First and foremost, many people earn money for several types of reasons such as, a better education for their children, a luxury life, various kind of foods and quality life standards. Although these people want to save and earn money for different goal, they have to be fed. They earn whether low or high value money, spent a lot of money for nutritions. Some people consider many foods include unnecessary part and these are completely waste. On the other hand, these individuals do not have to exactly knowledge about the foods or nutrition. For instance, spinachs stalk have a significant amount of iron. However they usually do not use this stalk and they put on the rubbish. If they can gain a considerable knowledge about the vegetables or fruits, they may not neglect.

Secondly, in contemporary era, most of the male and female have a job and both work in their occupation. After their work they do not want the busy the foods and generally they offer the meal on online restaurant. Furthermore, they can not know to eat how amount of meal they choose a big size food and most of the time they can not finished the all of these big size meal. Eventually these foods return the waste. If government provide a healthy and zero waste type of foods for worker people actually this problem can solve. As I mean, not only government, but also parents, companies, teachers and other people from jobs group should take a education about the foods and how can we use all part of foods.

In conclusion, the waste food issues are significant problems in our world. While there are many poverty regions, we need to be conscious. The state has a particularly big role in this regard. If training is provided to all people, from children to the elderly, the rate of waste will decrease.

(364 words)

IELTS WRITING-
SAMPLE 4: 2 PART QUESTIONS

In the current world, there are several nations in which people starving for food. In contrast to this, many citizens are wasting their own food by throwing it away. There are number of humans who prefer to misuse the cuisines that they have. There can be many reasons why people prefer to squander their nutrients. I will be discussing this in detail with some relevant examples.

To commence with, many individuals prefer to make large quantity of food even if he or she is preparing for small group. This will waste the foodstuffs. Therefore, people should make cuisine in the limited amount. Additionally, even after this mistake, people prefer to throw away the leftovers. For example: studies have been made in which researchers found that approximately 1.3 billion tonnes of edibles are thrown away each year.

This problem needs to be solved and there are number of solutions that the government should adhere. To start with, government should initiate a programme related to food awareness. This may help them to understand the importance of meals. This programme should also provide information about how the extra food materials can be saved. For instance: in Spain, a programme was initiated in which a home fridge was kept on the streets and asked human beings to leave their good leftovers in that fridge. This helped persons in need to consume those leftovers. Secondly, to save food, this responsibility is not only in hands of authorities, but this should be the responsibility for every mankind as well. Even if leftovers are in huge quantities, this can be distributed to poor humans and even you can pack those cuisine and can ask your neighbours if they need it.

To conclude, people should avoid wasting the food. This responsibility is not only for citizens or government, but instead of whole nation.

(305 words)