

Unit 4: Exercise 1

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
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

Unit 4: Exercise 2

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 problems 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. _____

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

Unit 4: Exercise 3

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	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

Unit 4: Exercise 4

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?**

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.

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.

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

1.	
2.	
3.	
4.	

Unit 4: Exercise 5

Complete the essay. Use the phrases in the box.

For example,	For example,	In conclusion,	In this essay, I am going to
	On the one hand,		On the other hand,

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

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.

_____ explain why I partly agree and disagree that sugar is a big health problem.

_____ it is true that people eat too much sugar now and that it has a bad effect on their health. _____ 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.

_____ it is important not to stop enjoying traditional food.

_____ 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.

_____ 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.

Unit 4 : Exercise 6

Read the sentences and highlight 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.
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.

Unit 4: Exercise 7

Complete the sentences with phrases for giving opinions. Use the words in the box. Some words can be used more than once.

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

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