

Mindset for IELTS Level 1 Skills Modules

Unit 5: Writing Exercise 10

WRITING TASK 1

You should spend about 40 minutes on this task. Write about the following topic:

Hamburgers and pizzas may be convenient but they can 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.

This model answer has been prepared by an examiner as a very good answer. However, please note that this is just one answer out of many possible approaches.

Nowadays, a lot of people around the world find fast food convenient but it also causes a lot of health problems. In my opinion, people should enjoy hamburgers or pizzas on special occasions but try not to eat them very often. In this essay, I am going to explain the benefits and dangers of buying fast food.

On the one hand, it is true that food like hamburgers and pizzas has advantages. For example, if you are hungry during a long journey, it is quick and easy to buy a hamburger in a train station. Also, people might go to a pizza restaurant on their birthday because the food is delicious. In my opinion, it is fine to enjoy fast food sometimes in situations like these.

On the other hand, there is no doubt that fast food is bad for your health. For example, in my country, people eat a lot of fried chicken as a snack. Fried chicken has a large amount of fat in it, so they are eating a lot of calories. More calories means that people become overweight and have problems with their heart or other illnesses. In my view, they should reduce the amount of fried food they eat.

In conclusion, it is true that an advantage of fast food is that it is convenient and a disadvantage is that it is unhealthy. I think people should reduce the amount of fast food that they eat but I also think they should still enjoy it on special occasions.

(253 Words)