

IELTS Writing Task 2

Sample 3

Topic: Food and Diet



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Writing Task 2 Sample 3

Food and Diet IELTS Essay 1

Food can be produced much more cheaply today because of improved fertilizers and better machinery. However, some of the methods used to do this may be dangerous to human health and may have negative effects on local communities. To what extent do you agree or disagree?

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

You should write at least 250 words.

Model Sample Answer 1 Band 8:

Due to the rise in population, there is a significant surge for food in the modern world. Contemporary technologies and effective fertilizers are employed by farmers to stimulate the growth of plants. Adopting these procedures is not a good decision. I concur that acquiring these industrial methods is not a better idea and might cause some significant loss to human health as well as the environment.

To begin with, both flora and fauna are seriously harmed by the poisonous chemicals employed in agricultural processes. For instance, farmers and ranchers employ pesticides and fertilizers containing arsenic, cadmium, and uranium as well as other chemicals to promote rapid development. Cattles may eventually die if they consume chemical-containing plant leaves. Moreover, humans ingest the food produced by these plants, which might cause diseases including cancer, allergies, and strokes. Therefore, it is clear that preservative methods can turn out to be more harmful as compared to their benefits.

Furthermore, the growth of agricultural technology has resulted in a reduction in the number of employees, which has led to an increase in the rate of unemployment. The vast majority of agricultural practices do not involve any kind of interaction with mankind. And a portion of the working population is rendered jobless as a result. As a consequence of this, local communities are having a hard time satisfying the criteria that are basic to their existence.



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In conclusion, cost-effective food production methods have more adverse effects on the living world. Implementing these strategies, in my perspective, is not a wise move because the drawbacks vastly exceed the benefits.

(254 words)

Model Sample Answer 2 Band 7.5

The world's population has surged over the past few years, hence it is important to produce more food to ensure everyone is fed. There are innovative techniques, such as the use of fertilizers, to enhance yield and make food affordable. However, I concur, that these industrial agricultural products pose a significant risk to human health.

To begin with, there is a vast selection of irrigation, pesticides, fertilizers, and other elements used to boost the yield of plants and crops in the agricultural sector. Also, as a result of technological advancement, the new machines make the farmers' and ranchers' work easier. Therefore, labour and time costs are reduced. Moreover, the resulting meal is inexpensive and may be afforded by poor people. But, farmers should adopt new methods to produce crops organically to eliminate the use of harmful chemicals.

However, the disadvantages outweigh the benefits. High-tech machinery has reduced the need for human labour, which has ultimately led to an increase in unemployment. In addition, genetically modified products may pose long-term risks to human health and the environment. Produced with the help of chemicals such as pesticides and fertilizers, food products may induce diseases such as leukemia, asthma, anxiety, and many others. Nevertheless, only the wealthy can afford these developments, widening the gap between the rich and the poor.

To conclude, the use of fertilizers and pesticides to grow crops more effectively is a useful method for the rising demand for food. However, I agree that if the methods are not implemented properly, humans and the environment both can be at risk.

(260 words)



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Model Sample Answer 3 Band 7

The connection between humans and food is interlinked and hence it becomes imperative to cope-up with the growing demand for food. Some pesticides are employed to boost agricultural yield. However, it is believed that these substances are harmful to both human health and the environment. In the following paragraph, I will discuss my perspective.

Firstly, the overuse of pesticides and fertilizers to cultivate vegetables and grains is not much effective as the resultant product may not be much nutritious. Moreover, excess chemicals may also cause soil erosion and contamination. In contrast, some chemicals like urea supplies nitrogen which helps in the development of plants. Also, the use of fertilizers contributes to the growth of the agricultural sector by speeding up the production of final goods and increasing yield, however, the resulting food products are not regarded as safe for human consumption.

Furthermore, the major drawback of using chemicals is the deterioration of quality. Minerals and nutrients that should be present in a particular crop are no longer available. hence, using organic farming will enhance the quality of food. in addition, the machinery overtakes the work of humans creating the situation of unemployment. To increase the quantity and quality of food products, the government can impose new rules and regulations on companies that manufacture these harmful substances, while local farmers and villagers can adopt new farming practices.

In conclusion, using fertilizers and machinery is actually hazardous for both humans and the environment. If these approaches are utilized continuously, consumers may experience severe issues. therefore, I agree that these methods have more negative effects on human health and the world than positive ones.

(271 words)



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Model Sample Answer 4 Band 6.5

Science and technological advancements have contributed greatly to the human race by boosting food output and cutting prices significantly. Conversely, others believe that usage of chemicals to increase productivity affects health directly. I agree that the drawbacks of these high-tech practices outweigh the benefits.

On the one hand, it is indisputable that pesticides and fertilizers significantly boost crop yield. It is possible to sell a large quantity of food at a low price, which is advantageous for the poor community and satisfies their fundamental needs. Also, fertilizers and pesticides have a substantial effect on agricultural yields because they enrich the soil and increase plant tolerance to adverse weather, animals, and insects, consequently improving crop yields. For example, Urea is rich in nitrogen, which promotes plant development.

On the other side, the use of advanced equipment reduces the requirement for human labour, which raises the unemployment rate. The struggle of a significantly increasing number of farmers and employees to find employment in any field significantly damages the nation's economy. Furthermore, the overuse of fertilizers and pesticides is harmful to human health and the environment. For instance, the usage of fertilisers and other chemicals can result in the accumulation of groundwater, which can lead to ailments such as gastric cancer, goitre, birth defects, hypertension, testicular cancer, and stomach cancer.

In conclusion, despite the benefits of reducing food prices and increasing food output, there remains potential for development. I agree that fertilizer and machinery are to blame for declining consumer health, environmental damage, and severe unemployment in local communities.

(256 words)



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Food and Diet IELTS Essay 2

Research has shown that overeating is as harmful as smoking. Therefore, the advertising of certain food products should be banned in the same way as the advertising of cigarettes is banned. Do you agree or disagree?

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

You should write at least 250 words.

Model Sample Answer 1 Band 8

It is apparent that overeating has devastating repercussions on human health. Therefore, some researchers believe that advertising some foods should be prohibited as it is equally harmful to smoking. However, I disagree strongly with this statement. In a subsequent essay, I will elaborate on my views with relevant facts and examples.

To begin with, I do not believe that advertisements are the particular cause of overeating however it is similarly detrimental to health as smoking. Worldwide fast food is gaining popularity since it is inexpensive, tasty, and simple to prepare. Therefore, consumers are compelled to consume easily available street cuisine. Moreover, the eating habits of today's generations rely more on fast food rather than on home-cooked meals. In addition, everyone has the fundamental right to select what they eat. Hence, their own choice forces them to consume harmful foods, not advertisements.

On the contrary, advertising unquestionably influences the thinking and eating habits of viewers, a warning does not imply that it leads them to choose an unhealthy diet. Instead, it raises awareness and provides important information about a healthy diet. For instance, advertisements can inform consumers about the amount of energy, fat, calories, and vitamins in food products, allowing them to determine whether the item is worth the risk to their health. Moreover, despite television commercials, public campaigns can educate ignorant people about overeating risks.



In conclusion, I believe the government should not place restrictions on advertising programmes since, despite luring customers, advertising also makes them more sensible. Ministries should establish seminars or special programmes to raise public awareness of this problem in order to reduce its prevalence.

(268 words)

Model Sample Answer 2 Band 7.5

As with smoking, overuse of some types of food products is suggested to have comparable negative health impacts. In many nations, it is thought that advertising for such products is the primary reason, hence the government should outlaw advertising food items just like tobacco products. In my opinion, there are numerous realistic methods to combat overeating.

To begin with, there is no strong evidence that prohibiting advertising efforts for certain types of food reduces obesity rates. Children choose fast food on a daily basis primarily owing to advertising by companies such as Burger King and Subway. Furthermore, social media channels such as Instagram, Facebook, and television are unable to effectively promote their true idea. In long term, youngsters may be susceptible to obesity, which may lead to health issues such as heart-related issues. Secondly, some food firms would hire personalities such as pop stars and movie actors to appear in their advertising. Given that prohibiting advertisements for foods may be ineffective in reducing their consumption rates, it may be pointless to prohibit them.

I would argue, however, that there are incomparable approaches to mitigate this issue. First, there are negative impacts of overeating for the health of pupils, thus new teaching initiatives should be implemented in schools to assist children to comprehend. To be more precise, obesity and other health-related issues should be introduced to the curriculum. Moreover, governments should also impose a greater tax on various types of food, so increasing the price of these items. Due to their exorbitant pricing, consumers may be discouraged from ingesting them.

In conclusion, I feel that the issue of overeating can be effectively minimised by prohibiting marketing efforts; nevertheless, there are more viable ways to curb this occurrence.

(285 words)



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Model Sample Answer 3 Band 7

Researchers have demonstrated in a number of studies that overeating is as dangerous as smoking a cigar. As there is a ban on cigarette advertising, it is urged that advertising for fast food, which is regarded to be its primary cause, also be prohibited. Everyone has the right to consume less or more food, hence I disagree with the statement. Moreover, certain junk meals contain critical elements that advertising companies wish to emphasise.

To begin with, despite the belief that overeating is as hazardous as smoking a cigar, a prohibition on food advertising that entices consumers to consume more cannot prevent them from eating more. The explanation is that people are addicted to fast food and will consume it at any cost, even if ads for these foods are prohibited. In addition, they consider eating more or less a fundamental right. Consequently, a restriction on fast food ads will only foster resentment towards the government.

Additionally, certain precooked foods include essential nutrients. Therefore, if individuals choose to consume ever-greater quantities of food, they cannot have major health issues. They will be able to satisfy their cravings and hunger. As a result, there is no need for a restriction on these food commercials, whereas cigarettes contain hazardous substances that might be harmful to human health. As a result, the marketing of dangerous substances and the use of those substances are prohibited.

In conclusion, it is no longer necessary to restrict the promotion of fast food publications. Due to the fact that eating less or more is a matter of personal choice, even if the advertising of certain foods is banned.

(268 words)



Model Sample Answer 4 Band 6.5

In recent years, overeating has become one of the most important issues in the most of societies. According to some people, advertisements play a crucial part in the development of this problem, and the government should prohibit the advertising of certain foods in the same manner as cigarettes. Even while the influence advertising on individuals in this subject is apparent, I believe there are other elements that contribute to people's propensity to overeat.

On the one hand, there are numerous reasons why I believe the promotion of such foods should be prohibited. First and foremost, as a result of western cultural impact, a large number of residents consume unhealthy, hot foods. For instance, a study demonstrates that consuming restaurant meals for an extended period of time results in a multitude of people suffering from health issues and weight issues. Second, it is common knowledge that many persons consume junk food to demonstrate their social standing. In other words, in several places, overeating is frequent due to competition.

On the other side, people today have an unhealthy lifestyle that contributes to obesity, where eating habits are a significant issue. For example, skipping a meal, which is common among adolescents and young adults, consuming an excessive amount of prepackaged meals, and many other factors can easily lead to overeating. In addition, watching television or working while eating is detrimental to our health and may promote overeating. Moreover, mental problems might alter people's eating patterns.

In conclusion, I believe that the advertisement of specific food products may be both beneficial and detrimental, therefore it ultimately depends on ourselves, our decisions, and our desire to live a healthy lifestyle.

(275 words)



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Food and Diet IELTS Essay 3

Farmers within a country are often protected by tariffs - that is, special taxes on imported food. Such policies are necessary and should be implemented wherever possible. To what extent do you agree with this?

Justify your opinion and provide any relevant examples from your knowledge.
You should write at least 250 words.

Model Sample Answer 1 Band 8

Agriculture is the dominant industry in some communities. As a result, the government ensures it by raising taxes on imported goods. In this essay, I fully support the approach because it protects local farmers and also sustains the local market at the same time.

First, farmers are crucial to agriculture's ability to maintain a strong economic system. As they are well acquainted with seeds, plants, oil, and food. For example, many seeds can grow in different seasons, and adding to that they also developed a method to protect their crops from insects. So, these are significant resources that can influence the tariff system amongst the local farmer group. Even if they do not focus on agriculture, the government will impose a high tax on food imports simply because there are a plethora of farmer who will get benefited from it.

Second, many countries lack effective farmer training, and as a result, farmers do not use proper equipment and machinery. Furthermore, they have a very limited amount of money to invest in order to grow their business. They are more likely to earn a high income in the agricultural sector, in my opinion. As a result, the government should provide farmers with long-term loans to purchase land, thereby providing a useful tool for the farming process. Also, in fact, local farmers can benefit greatly when government tries to impose duties on imported goods so that they get more profit on their products than the international goods. Hence, a healthy balance is maintained between domestic and international market.



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In conclusion, the government is enacting policies toward farmers that are extremely beneficial to agricultural workers and encourage them to work more in order to gain greater rewards from their efforts. Also, when deciding whether to raise taxes on imported commodities, a country should consider its economic situation.

(304 words)

Model Sample Answer 2 Band 7.5

India has a long and rich agricultural history, and in those days fairly strict tariff walls were often erected to protect local industry and produce domestic food production. Although it is politically appealing, I still believe such systems are unnecessary and misleading.

My main objection is that tariffs encourage inefficient and uncompetitive agricultural practices, which are ultimately unsustainable. While farmers can be arrogant about ensuring that foreign food is removed from the market, they have no incentive to improvise their own production. This inevitably leads to a dull industry, lagging behind other countries. The heavily subsidised Canadian fuel industry in the mid-2000s is a perfect example. Despite major disturbances in the community, it was ultimately rationalized by the Prime Minister in a critical campaign, but a reason that history has long proven.

Another reason against agricultural taxes is their unfairness to consumers, who indirectly have to pay for this system. Tariffs are government decisions, often in response to politically influential pressure groups. For example, if African oranges can be bought cheaply, buyers have access to them, and banning them is simply undemocratic. In a globalized world, crisscrossed by efficient transport and trade networks, countries with a paying market can always get products from others, regardless of distance and doing it also benefits them greatly.

To conclude, it is completely unacceptable that governments should impose high duty taxes on imported food products just because they hinder the local producers, but also they should consider that buying cheap products helps the middle-class people immensely.

(252 words)



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Model Sample Answer 3 Band 7

In most countries, local farmers benefit from protectionist trade taxes. Some argue that such measures are unnecessary, while others argue that the design of these rates is important for a sustainable economy. However, I personally agree with the first view and the reasons for that will be discussed in this essay.

First, protecting farmers from tariffs will encourage them to engage in agriculture. Many farmers enjoy high profits when they don't have to pay taxes. As a result, people are attracted to agriculture and do not have to import food from abroad. Therefore, people can buy their own products at a lower price than imported foods. For example, in the Indian state of Gujarat, the vast majority of people work in agriculture because farmers do not have to pay customs taxes on agricultural commodities. Therefore, these policies can drive people to agriculture.

On the other hand, there is considerable access to imported goods. First of all, people, these days tend to consume imported products because they provide more vitamins and healthy proteins than locally grown foods. For the time being, the national economy will shrink in this direction as foreign goods increase. Therefore, when government imposes such taxes on imported goods they are not only protecting the local farmers or producers but also this act motivates the small-scale industries to grow with the high competition.

In short, tax protection for farmers motivates citizens to farm in their own country. Similarly, imposing tariffs on imported foods will reduce imports of these items and improve domestic production of these items. Therefore, I fully agree with the implementation of this policy.

(268 words)



Model Sample Answer 4 Band 6

Agriculture is the backbone of the country, many organizations also rely on it. More than 80 per cent of the country's economy depends on it. In addition, it plays a very effective role in managing taxes on foods and products imported in the form of grains, lubricants, various types of machinery etc. Giving my opinion, I completely agree with this hypothesis.

Nowadays, the government is starting to regulate the policies for farmers to support them. Like, the most important reason is that these low-income farmers work very hard in the fields to grow healthy food and feed the citizens of the country. For example, in order to protect food from extreme weather conditions, they have to work day and night, whether it's raining or very hot in the summer. Therefore, it is the state's task to implement farmers-friendly, profitable policies.

Nevertheless, creating a barrier between domestic and foreign products protects the domestic market from a large influx of international or imported products. This is necessary to prevent the import of cheap materials that can interfere with the country's own market and make it unsustainable. In India, for example, cheap Chinese goods are flooding the local market, with the increasing needs and supply. Unlimited food imports from other countries also put an unreasonable financial burden on the economy.

In summary, globalization is a great opportunity for consumers all over the world, but at the same time, the government needs to optimize import taxes to ensure justice between domestic and international suppliers. So in my opinion imposing such taxes on imported goods can have a great influence on the farmers as well as the local markets.

(274 words)



Food and Diet IELTS Essay 4

Today food travels thousands of miles from the farm to the consumers. Why is this? Is it a positive or negative trend?

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

You should write at least 250 words.

Model Sample Answer 1 Band 8

With the advancement in technology, people can get food from any part of the world which is not available in their country. The rising demand for certain food and beverages has increased a lot of exportation between many countries. Though food transport has some benefits, I liberally consider that this practice negatively impacts the environment as well as human beings.

Due to different climatic conditions in each region, every crop cannot be grown in a single place. Resultantly, food transport has become necessary. For example, tons of cherries are exported every year from the northern parts of the world. Globalization has boosted food trade all over the world.

Nobody can argue with the fact that the introduction of speedy transport has taken both domestic and international trade to a different level and it has also allowed people to consume whatever they want, even if it is manufactured in a distant region. Moreover, this also gives the farmers a noteworthy opportunity to step into the international markets. Additionally, countries with food scarcity can also be helped. Although, all these benefits do not come without a price.

After the regular use of vehicles as a mode of food shipping, a lot of fuel usage has become a complication. Excessive use of fuel harms the environment. Furthermore, this activity also involves a lot of middlemen, who are always concerned about their own profit, thus farmers suffer a loss. Also, a lot of preservatives and chemicals are added to food items that are supposed to be shipped, as a result, the quality of the food item decreases which affects human health.



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To conclude, food transport is certainly helpful; however, this strategy isn't promising and may cause a few problems in future. Thus, consuming locally produced food has both environmental and economic benefits.

(300 words)

Model Sample Answer 2 Band 7.5

In recent times, we do not completely rely on locally grown food as we can buy food items that are from a distant region. Though this practice has the benefit of widening our access to various kinds of cuisines, it has some harmful effects also. After the damage of previously fertile lands due to pollution and development, people have no choice but to eat food grown at a place that is far away. Also after urbanization, food requirements have become extensive, so growing food locally seems next to impossible.

First and foremost, food transport allows people to choose from a wide range of food items manufactured all over the world. Furthermore, it also helps the local farmers to take part in international trade and this benefits countries with problems like food scarcity. Although these advantages do not come for free.

On the flip side, this trend has a huge negative impact on the environment as travelling unquestionably requires the usage of fossil fuels which undoubtedly increases global warming. The cycle of food transport does not only include farmers and consumers but it also involves middlemen who always think about their own profits, thus they put both farmers and consumers at a loss. In addition to this, the food needs to be preserved for longer periods as it has to travel thousand miles. As a result, preservatives and chemicals are added to food by the manufacturers and ultimately human health is harmed.

To conclude, food transport doubtlessly satisfies the needs of humans however it is not completely reliable due to its adverse results. People should consider consuming locally produced food as it is beneficial in both environmental and economic ways.

(279 words)



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Model Sample Answer 3 Band 7

With the progress in technology, food transportation has become a trend among hundreds of countries. Globalization has privileged consumers to enjoy food items from distant places. Some people believe that food imported from other countries has a negative effect on both economy and culture while others believe that it is indubitably a positive trend as it has many advantages.

The introduction of speedy transport has increased the trade of food both domestically and internationally. Due to the rise in demand for certain food items, it has become necessary to transfer locally produced food to distant regions.

Considering the viewpoint of some people, food transport is not possible without the use of fuels which contribute in global warming and harm the environment. Food preservation is the key in any type of food transport and this involves the addition of preservatives and other chemicals to food items. As a result, the quality of food decreases. Although this is not the case in every food item which is exported.

On the other hand, food transport allows countries with poor economic or weather conditions to fight their food scarcity. International trade can help countries to build good relations. Moreover, this also allows the farmers to sell their locally grown products in international markets. Thus, it improves the financial conditions of many local people as it provides employment to both farmers and other people involved in this business. Also, food transport allows people to choose from a wide range of food items even if it is from a different country.

In conclusion, the practice of food transport is both reliable and harmful at the same time. It is believed that the problem of global warming due to food transport can be solved after the introduction of electric vehicles.

(293 words)



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Model Sample Answer 4 Band 6.5

In recent times, food transport has become very popular. The reason behind this is the growing demand for various food items. For example, tons of cherries are exported every year from the northern parts of the world. It is undoubtedly a positive trend as it has many advantages.

According to some people, a lot of fossil fuel is used in food transport and this affects the environment. The business of food transport involves many middlemen who always want their own profit. Thus, the farmers suffer a loss. Sometimes the customers are also at a loss as they have to pay high prices for the imported food item. Many preservatives are added to food items. Hence, the quality of the item can also decrease.

On the other hand, food transport benefits people as they can consume food from any part of the world without travelling. It increases international trade between countries which ultimately builds good relations among countries. Local farmers can take part in international trade and this helps them to improve their financial standards. A lot of countries are facing the problem of food scarcity due to various reasons. Food transport can help one country to support another during such a situation. The food transportation business also provides employment to many local people who are in search of jobs.

In conclusion, food transportation comes with a lot of benefits. It is believed that food transport will be very much helpful in future. Thus it is a positive trend as its advantages outweigh the disadvantages.

(254 words)



Food and Diet IELTS Essay 5

Demand for food is increasing worldwide. What is the cause of this? What measures can the international community take to meet this demand?

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

You should write at least 250 words.

Model Sample Answer 1 Band 8

Worldwide, there has been a rise in the demand for food due to the widespread belief that it is essential for survival. This essay will argue that the world's growing population and the effects of climate change are driving demand for food abroad and will propose that the international community can fulfil this need by embracing innovative agricultural practices.

The UN estimates there are 7.3 billion people in the globe, with that figure growing to 9.7 billion by 2050. This is a fourfold increase from the population in 1900. This expansion, along with growing affluence, may lead to dietary shifts, such as increased meat and protein intake, in emerging nations. This has the potential to increase the demand for food throughout the planet. In addition, the long-term impacts of climate change-related temperature increases on agricultural land, which would be devastating. New evidence suggests that equatorial countries will face a severe decline in agricultural output due to weather and temperature changes. As a result, the need for food is rising in a great number of nations due to factors like population growth and shifting climate patterns.

Increasing grain-growing terrain is the only sure solution. Increasing the land used for plant, fruit, and vegetable cultivation by farmers will help solve this problem. In addition, farmers may increase output by using modern techniques and procedures, such as precision farming and irrigation systems. To produce adequate food for the world's population, either new land must be farmed or existing land must be farmed more efficiently.



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In conclusion, rising concern about food security is proportional to rising population and changing climate. It is suggested that governments should teach farmers about new agricultural technology and give them a much greater area to cultivate.

(289 words)

Model Sample Answer 2 Band 7.5

There have been massive increases in the demand for basic necessities throughout the world in recent decades. The causes of this issue and some potential approaches to fixing it are discussed in this essay.

The increasing global need for food is a problem for two basic reasons. First, the unmet demand for food is largely attributable to the global population boom of recent decades. For instance, the human population has exploded in the previous half-century. Moreover, the increased heat from climate change has had devastating long-term repercussions on agricultural land (global food production). One of India's most prolific rice-growing regions, the Ganga river delta, has had to deal with declining yields in recent years as a result of extreme weather.

On the other hand, there are several relevant solutions to these aforementioned challenges. The first thing to be done by the government is to establish population policies that may cut the birth rate. As an example, China, the world's most populated nation, has instituted a "one-child" policy to address this issue. To further aid developing nations, governments in the industrialized world should export Genetic livestock and crops to the developing world, as they can feed a disproportionately high number of people using the same amount of land. The result would be an increase in the production of basic foods in these nations, meeting the needs of their people.

In a nutshell, the present food crisis is caused by an increase in the world's population and the consequences of climate change, both of which must be addressed to resolve the issue.

(260 words)



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Model Sample Answer 3 Band 7

An increased global population means a greater need for food production. Both the rising birthrate and the refinement of culinary techniques may be to blame. In order to fulfil these needs, communities and civilizations throughout the world may adopt a variety of actions.

The first is the need for increased food production to sustain the world's expanding population. Having more children requires additional food sources including fruits, vegetables, cereals, and pulses since people need these foods to survive. Low birthrates meant that farming wasn't necessary for the distant past. But because of the tripling of the population, we have refocused on farming. Second, the use of spices like red chilli pepper, black pepper, and turmeric has elevated the flavour of formerly unpalatable foods like plain bread. In addition, today, a chef may prepare the basic components into wonderful meals such as frying potatoes to produce french fries. The result is something good enough to please our palates.

Provision of agricultural subsidies and promotion of research are the two measures. Subsidizing the cost of farm equipment and tools like tractors has a clear advantage for the agricultural community. With cutting-edge technology, they can irrigate and grow more acreage to meet expanding client demand. The second option is to finance scientists so that they can develop better crops, soil, insecticides, and composts. This initiative will help revive soil fertility, boosting agricultural production. Furthermore, there would be less opportunities for crop spoiling.

In conclusion, the issue of meeting the need for food is made more difficult by the rising birth rate of people and their excessive appetites. However, if the government invests in scientific investigation or subsidies farmers' agricultural gear, there would be enough food for everyone and global hunger deaths will be zero.

(291 words)



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Model Sample Answer 4 Band 6.5

The need for food has increased dramatically during recent years on a global scale. The causes of this differ, and the global community should take possible measures to address the issue specifically.

Overpopulation is the key factor driving feed demand since the more people there are on the earth, the greater their need for food. Because crowded locations cannot produce as much food as they need, many crowded nations import nutritious goods from other native states that are not as crowded but have an essentially developed agricultural system.

Another factor might be the usage of organic components by food producers in recent years to provide feeding materials for residents as a result of increased population density. Undoubtedly, this kind of food contributes to obesity since it makes it difficult for individuals to regulate their appetite, which increases their urge to consume and leads to weight gain. As a result, a large number of individuals struggle with obesity and other illnesses that are brought on by inorganic food.

Regarding proposed remedies, improving the agricultural sector would likely be the key evaluation. lowering land taxes for farmers to encourage others to rent land and cultivate essential crops for making bread. Additionally, to create the ideal atmosphere for growing crops, vegetables, or fruit. Farmers should avoid using chemical fertilizers to grow plants since this might seriously harm people's health by changing the composition of the plants.

Overall, even in areas with dense populations that consume a lot of food, the aforementioned laws may serve to lower dietary needs and provide locals with wholesome, organic meat.

(262 words)



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Food and Diet IELTS Essay 6

Do the dangers derived from the use of chemicals in food production and preservation outweigh the advantages?

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

You should write at least 250 words.

Model Sample Answer 1 Band 8

The food industry is increasing its usage of artificial fertilizers and preservatives. Some chemicals shouldn't be consumed as they could cause cancer. Although this technology has certain advantages, such as large-scale manufacturing and a delicious flavor, I believe that the negative repercussions of adding chemicals outweigh the advantages.

High chemical additives in food are hazardous and can cause serious illness if consumed. To make the land fertile and improve the yield of fruits and vegetables, farmers today use excessive amounts of fertilizers and pesticides, which have a detrimental impact on society as the number of people diagnosed with diseases increases every day. It even harms the soil, as the chemicals in the fertilizers and soil diminish the minerals present in them. As a result, the deterioration of the soil gradually leads to the land becoming barren, and farmers ultimately suffer.

But sometimes using artificial chemicals and preservatives turned out to be beneficial. Firstly, to improve sales and keep the product's aroma for a longer period, most food producers add additional artificial flavors and colors to their goods. For instance, research has shown that more children are becoming sick, and this is because all global businesses have added artificial flavors and colors to appeal to kids and boost their sales. Children who ate these foods had a variety of stomach issues.



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To sum up, although using these chemicals is beneficial to some extent, the health repercussions are a concern since they induce life-threatening illnesses like cancer, which cannot be disregarded. As a result, the authorities must take the necessary measures to reduce the number of chemicals added to food.

(268 Words)

Model Sample Answer 2 Band 7.5

These days, the food industry uses more preservatives and food additives than ever before. But its usage is hazardous and jeopardizes people's health significantly. I believe that it brings more risks than benefits to society. The benefits, such as a boost in commercial activities and so on, are enjoyed because of it, but at the same time, severe diseases are also gradually detected, which are claimed to arise because of these chemicals.

Certain benefits come with the use of chemicals in food production and preservation. One of them is that they make food more flavorful and delicious. Taste-enhancing additives are usually added to products such as ice cream. Another benefit that it brings is a boost in commercial activities. Due to their taste enhancement and visual appeal, the products are highly in demand; they are advertised especially for the niche population that tends to be influenced by them. For example, companies like Lay's, Doritos, and such have shown immense sales growth in recent years.

While this has been beneficial, it has only been for the companies and not for the consumers. Several medical officials have raised concerns regarding the use of chemicals. They have claimed that it has contributed to the recent rise in cancer cases, typically breast and stomach cancer. Furthermore, as an indirect result of these, health issues such as obesity, high cholesterol, and so on have increased. Obesity has become a common health condition in children in America due to their incline toward junk food.

In conclusion, chemicals used to make food are useful and make money, but they are less important than the problems that come from them. The manufacturers are the only ones who benefit, while the rest of society suffers due to the effects.

(290 Words)



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Model Sample Answer 3 Band 7

Nowadays, more chemicals are being used in food production. This is happening because of the monetary benefits that the companies are enjoying more and more. The advantages of using chemicals in the production and preservation of food are far less than the dangers and risks they bring.

Producers are using chemicals more and more in food production for various reasons. Colour is added to the products to make them pleasing to the eye. People tend to purchase food products that are visually appealing because they are not tempted to eat food that repels them. Many food items are perishable; they do not last long. Additives are added to such goods to preserve them longer. Using chemicals enables a longer shelf life for perishables, meaning fewer products spoil and go unused. This encourages small vendors and shop owners to keep the products on sale in their shops.

However, these advantages are only enjoyed by companies. They have the opposite effect on the customers. The chemicals gradually deteriorate people's health over time. It starts with small issues and slowly transforms into bigger problems, such as heart and kidney issues, and so on. Furthermore, the chemicals used in products during the manufacturing process degrade food quality. These additives diminish the nutrients as well as the vitamins present in the food. The preservatives are added to preserve them, but they also contribute to lowering the standard of the food.

To summarise, I believe that the disadvantages outweigh the benefits of using chemicals in food production and preservation. Although there are favorable outcomes from using them, they are only for the producers. While the disadvantages that it brings contribute to all aspects of society.

(279 Words)



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Model Sample Answer 4 Band 6.5

In recent times, more and more chemicals have been used in the production of food items and preservatives. This has adverse effects on people's health, regardless of the benefits, it brings with it. In my opinion, the risks that come with the use of chemicals exceed the advantages that we enjoy due to them.

The advantages that come along with the use of preservative chemicals are few. The perishable food items that spoiled easily after a short time are now usable for a longer time. Ready-to-eat food packets are the products that generally have the most additives in them. This is because they are generally made to be eaten after being hydrated again with hot water. For example, the Tata Company's ready-to-eat goods are preserved with preservatives until consumed; they simply need to be warmed in a microwave before consumption. This also helps boost companies' sales, as nowadays these products are very popular among bachelorette.

On the contrary, they have a detrimental effect on human bodies despite the economic benefit that they bring about. These chemicals act as a gradual poison for humans. Even though studies and research have shown that they are not harmful, these are biased studies published by the companies themselves. If these chemicals are consumed in huge quantities, the body gradually develops illnesses such as cancer, particularly in the stomach.

To conclude, using chemicals while food is being produced and preserved has a few advantages, but the risks that they bring outweigh the benefits. Instead, more organic products should be used to ensure consumer health.

(259 Words)



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Food and Diet IELTS Essay 7

In some countries, fast food restaurants and supermarkets give money to schools to promote their products. Do you think this is a positive or negative development?

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

Write at least 250 words.

Model Sample Answer 1 Band 8

Businesses like hotels and supermarkets have started offering their goods in a variety of forms in recent years. One illustration of such a practice is when companies pay money to educational institutions in return for the ability to sell their goods there. Although these businesses stand to benefit from this scenario, in the long run, I think it poses a serious risk to children's health and safety.

The first and most important thing that schools should do is encourage children to eat healthily and provide children with a strong foundation for their future. However, beneficiaries who accept financial support from marketing organizations like fast food restaurants are required to advertise the harmful products they sell as a condition of receiving assistance. These foods have a strong potential for addiction and have been connected to the epidemic of juvenile obesity.

In addition, school-based advertising efforts have a significant impact on the sensitive minds of children, urging them to make purchases from big grocery chains. Students are thereby dragged into a never-ending loop of acquiring ever-increasing quantities of items, the vast majority of which are unnecessary. However, some school administrations believe that the funds they get from restaurants and stores are valuable to their institutions. With these resources, it will be considerably simpler to construct vital educational infrastructure. Students will have a better time in class as a result.



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In conclusion, despite the fact that there could appear to be some benefits to accepting money from restaurants and supermarkets in exchange for selling their products, educational institutions need to delve deeper and recognize that this practice is more of a vice than a virtue. These practices, which have a detrimental effect on the physical and financial well-being of children and their families, ought to be put an end to as soon as possible.

(301 words)

Model Sample Answer 2 Band 7.5

Nowadays, quick-service restaurants and grocery stores donate money to schools in many different countries so that the schools may use the money to sell their products. I think that this is a positive development. Receiving financial donations will be advantageous to businesses and educational institutions alike. I shall examine the advantages and justifications for doing so in this article.

To begin, there are a significant number of children enrolled in primary and elementary schools. It is possible for eating establishments to improve their services for children of all ages if they target clients across a wide age range. To put it another way, educational institutions like universities are rich soil for the cultivation of market-based economic prosperity. It's possible that the restaurants may give their money so that it can be used to improve the facilities and resources that are offered to the kids.

Furthermore, there is the possibility that some individuals have the misconception that children should not eat fast food; nevertheless, if the school were to start advertising, these people may change their minds. Something that is to the advantage of humans will attract more of their attention. As a direct consequence of this, parents will give their consent for their children to consume junk food, which will lead to an increase in revenue for restaurants. In addition, supermarkets and fast food restaurants may extend their product lines in the near future. For example, you may make fast meals out of veggies that are good for you. This might be beneficial to each and every home.

Lastly, fast food and corner establishments promoting and giving to schools are good. Funds can boost student education and school amenities. Businesses will earn more, allowing them to provide healthier meals to all ages.

(292 words)



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Model Sample Answer 3 Band 7

In today's world, a number of countries provide financial support to educational institutions in order to advertise supermarket and fast food chain products. This comment, in my opinion, is a step in the wrong direction for a number of reasons, many of which will be discussed in the following paragraphs of this article.

One of the key reasons is that children should not consume fast food since it is bad for them. To explain, it contains significant numbers of calories, salt, and sugar, all of which are known to contribute to a variety of chronic conditions that can affect children. For instance, obesity is the health problem that is most common among students in today's society. In addition, students would benefit from taking in a sufficient amount of protein and vitamins in order to fortify both their brain and their body. This is really important for their capacity for learning.

It is only right and proper that schools provide children with high-quality food as it is a priority for many youngsters to be able to get their hands on it. If restaurants and grocery shops take control of the school lunch and snack programs, the students won't have much of a say in what they eat while they are at school. It's possible that this may bring about an overall reduction in the quality of school lunches.

In the end, I am sure that this idea is a step in the wrong direction because young people who eat too much fast food can get sick, and food sponsorship makes it harder for teachers to give students the best meals possible. It is also important for governments to be involved in the process of making the laws that will control this activity.

(291 words)



Model Sample Answer 4 Band 6.5

Schools can on occasion get financial support from local businesses, such as hotels and shopping centers, in order to help promote those establishments' products and services. Because it is beneficial to children and gives them access to information on topics that are of interest to them, I believe that this is a positive thing.

To begin, one significant benefit that might result from businesses granting permission to schools to sell their products is that it has the potential to raise the bar for younger as well as older pupils. In other words, the interaction that kids have with local businesses, such as restaurants and stores, will contribute to the improvement of their economic growth. This is owing to the fact that in exchange for their promotional efforts, these businesses offer commissions to the school administration, which the administration may then use to expand the school's resources. Consequently, this has led to the situation that we are in.

Moreover, this advertising campaign informs children and their families about the most recent products, which makes it easier for them to find the things that they are looking for. A well-known brand by the name of Oliva, for instance, gives away free samples and booklets to youngsters in order to aid their families in comprehending the requirement for anti-bacterial soaps. As a consequence of this, the implementation of product testing in elementary schools has some advantageous outcomes.

In conclusion, granting permission for commercial advertisements to take place in schools can be beneficial to students. As a result, I regard this as a step in the right direction.

(264 words)



Food and Diet IELTS Essay 8

In many countries, traditional foods are being replaced by international fast foods. This is having a negative effect on both families, individuals and societies. To what extent do you agree or disagree with this opinion?

Address reasons for your answer, and include examples from your own knowledge or experience.

Write at least 250 words.

Model Sample Answer 1 Band 8

The consumption of fast foods currently outpaces the consumption of homemade bread. It is considered that eating such foods has a devastating impact on everyone involved, from the individual to the entire society. I fully concur with this idea. The limitations of readily available edibles will be discussed in this article along with appropriate references.

Starting with the detrimental consequences that this type of food has on people are major health issues. Elaborating on it, it is frequently discovered that such ingested items are the cause of major health issues like heart attacks. This is one of the consequences of extravagant fatty product deposits detected in the arteries. For instance, it can be seen that older people who prefer to digest precooked foods experience less weight and chest trouble than those who follow the old diets.

Stating about youth, intake of fast food immediately creates a pattern where children start to gain fat and end up being stout. This is due to the high fat and carbohydrate content of these components, lowering the effectiveness of the work being done. Also, the garbage generated from the stalls and the packages of these food items imply gyrating soil pollution, which proves several demerits of the change occurring in the current scenario.

To conclude, changing priorities in food choices as a cause of new installments in place of traditional food items has implied more disadvantages than benefits. Although it is a way to explore food and reduce time, it is quite harmful to the health of people belonging to different parts of society which is considered a very crucial part of life.

(264 words)



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Model Sample Answer 2 Band 7.5

The younger generation today is eager to choose fast food over their local cuisine. Actually, it has a severe impact on communities and families as well. Indeed, I think that it has a substantial effect on our society as a whole. Both aspects are elaborated on in upcoming passages.

On one hand, a balanced combination of several nutrients can be found in native foods. This is because real fats, like butter or lard, should be used for cooking rather than vegetable oil. The family can also enjoy eating meals together, which strengthens their bonds. Traditional food is definitely beneficial to our relationships and health. It can be claimed that none of these things will occur in the upcoming year due to the steady disappearance of both local dishes and those precise recipes. We, humans, are capable enough to know about our boundaries. Overeating is not a common scenario but even those who are witnessing it, are recommended to have control over their eating habits.

On the other hand, fast food is linked to several ailments, including obesity. This fact is proven as fast food is always the diet that health experts least frequently recommend. For instance, fast food like pizzas and burgers has a lot of fat and numerous calories, which might cause issues with becoming overweight. Following the fact that eating junk food will have an impact on every single person, the number of sick people in our society will rise as a major consequence.

To conclude, health problems have a major detrimental impact on families and societies as a whole. However, dining together as a family will improve relations among family members.

(276 words)



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Model Sample Answer 3 Band 7

Many people today think that high-sugar foods are replacing traditional cuisine throughout the world as they are being supplied. I thoroughly agree with the claim, and I'll convey my opinions about it in this essay.

At first, the ancient traditional culture, which is intimately linked to their food, is being impacted by their adulterated goods. In other words, the culture where several families gather during special occasions includes the act of making traditional cuisine. Even though it takes an hour to make the traditional foods, the members develop a special bond during the process. However, because these methods take time, the current generation favours junk food. These erode their connection to a family member and ultimately to society. Younger children now order treats online. Despite the fact that taste remains the same, there is no opportunity for the family to sit together. As a result, families are suffering because of junk food.

Secondly, the impunity of the person is much reduced nevertheless, as the contemporary age favours junk food over these healthy foods. Briefing it, as medical technology is far less evolved in past times, our ancestors used natural components from ancestral foods to treat illnesses. However, since the younger generation favours junk food over healthy foods, there is much less room for individual freedom.

In conclusion, when traditional skills deteriorate, the bonds that bind communities will also suffer. Additionally, the immunity of each person is reduced, and these junk foods are adversely influencing the entire population by gradually replacing their traditional dietary sources.

(254 words)

Model Sample Answer 4 Band 6.5

It's widely known that the international reach of snacks or ready meals negatively affects households, individuals, and societies overall. Despite some advantages, I believe fast food is actually a bad idea, and my opinion is justified in the following parts of this essay.

The benefits of fast food vary based on the general societal ethnicity. The acceptance of fast food is the most obvious indication that people appreciate it. Additionally, fast food is reasonably priced and, as its name implies, time efficient. The benefits are identical for families. Many working-class people lack the privilege of allowing parents to spend a lot of time and energy making a filling supper for their kids because they are too busy working at their jobs.

However, the consequences of fast food are worse. Illustrating it, families are subject to the same health hazards, with the additional consideration that children are developing potentially lifelong unhealthy behaviours. Fast food's high saturated fat composition has been connected to a range of disorders, notably diabetes and high blood pressure, according to research. Fast food also affects how energetic you feel every day. As local businesses lose money to these global conglomerates, which mostly benefit the already wealthy or foreign nationals, local communities also suffer as a result of the fast food industry's expansion. Such a hazardous demerit is not only a concern for societies and youth at present but also a definite challenge that could emerge in the economy as our future depends on today's youth.

To conclude, despite the economic and convenient advantages that fast food offers, the health risks should act as a major deterrent for nations wanting to support these companies.


(275 words)




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