IELTS WRITING TASK 2: Band 9.0 Model Answer

You should spend about 40 minutes on this task.

Write about the following topic:

Obesity levels are rising around the world.

What do you think are the causes of this?

What solutions can you suggest?

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

Write at least 250 words.

Excessive weight gain is a problem that has spread around the world in recent decades. This essay will discuss the leading causes of obesity, including poor diet and excessive snacking. Solutions will also be suggested, including improving the quality of food available in supermarkets and improved health education.

 A growing world population has necessitated industrialisation of the food industry. However, while food products have been made cheaper and more readily available, they have been mass produced in a way which reduces their nutritional value.   For example, corn is now processed on an industrial scale, and much of the original goodness is removed. As a result, people are eating poorer quality ingredients, and they are consuming them more frequently.

Eating a more nutritionally balanced diet and avoiding snacking between meals are both essential elements to overcoming the obesity crisis. Society needs to return to the quality of foodstuffs that their ancestors consumed if they want to return to a healthy body mass index and levels of fitness. To overcome record obesity levels, we need to improve the production of staple ingredients and better educate the population in

healthy eating habits. This education needs to start in the home, but should also be reinforced at school.

In conclusion, the industrialisation of food manufacturing has led to poor nutrition and rising levels of obesity. The wide availability of cheap and low-quality ingredients has led to this crisis. There is a twofold solution to this problem: a better-managed food chain which increases the quality of our nutrition, and an improved health education system.