

IELTS Writing Task 2 Lesson #1

You should spend about 40 minutes on this task.

Write about the following topic:

The number of overweight children in developed countries is increasing. Some people think this is due to problems such as the growing number of fast-food outlets. Others believe that parents are to blame for not looking after their children's health.

To what extent do you agree with these views?

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

Write at least 250 words.

SAMPLE ANSWER

There is plenty of evidence to suggest that children are overweight and the situation is getting worse, according to the medical experts. I feel there are a number of reasons for this.

Some people blame the fact that we are surrounded by shops selling unhealthy, fatty foods such as chips and fried chicken, at low prices. This has created a whole generation of adults who have never cooked a meal for themselves. If there were fewer of these restaurants, then children would not be tempted to buy take-away food.

There is another argument that blames the parents for allowing their children to become overweight. I tend to agree with this view, because good eating habits begin early in life, long before children start to visit fast food outlets. If children are given chips and chocolate rather than nourishing foods, or are always allowed to choose what they eat, they will go for the sweet and salty foods every time, and this will carry on throughout their lives.

There is a third factor, however, which contributes to the situation. Children these days take very little exercise. They do not walk to school. When they get home, they sit in front of the television or their computers and play video games. Not only is this an unhealthy pastime, it also gives them time to eat more junk food. What they need is to go outside and play active games or sports.

The two views discussed play an equal role in contributing to the problem, but I think we have to encourage young people to be more active, as well as steering them away from fast food outlets and bad eating habits. We need to have a balanced approach.