

## IELTS Writing Task 2 Lesson #11

You should spend about 40 minutes on this task.

Write about the following topic:

**Discuss the advantages and disadvantages of traditional food and fast food.**

**What type of food do you prefer and why?**

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

Write at least 250 words.

### **SAMPLE ANSWER**

In our modern, fast-paced society, traditional food has often been replaced by fast food alternatives. There are advantages and disadvantages to both traditional and fast-food meals, but I prefer traditional food because it is healthier, less expensive and more enjoyable to prepare, eat and share.

Fast food has advantages and disadvantages. Firstly, fast food restaurants are plentiful and provide take-away meals that can be consumed on the run, so busy individuals do not have to sacrifice valuable time to eat their meals. Pre-packaged meals can also be prepared at home with little effort and can be prepared in minutes. However, fast food also has its disadvantages. For example, fast food is often expensive. Fast food is frequently high in fat and salt, which, when consumed on a regular basis, can contribute to health problems like obesity and high blood pressure.

Similarly, traditional food also has advantages and disadvantages. The advantages of traditional food preparation are that the ingredients of a traditional meal are often healthy, inexpensive, in season, and produced locally, sustaining local farmers and growers. The seasonings added to traditional meals are usually varied and enriching to the diet. The disadvantages of traditional cooking are that the meals often take time and careful effort to prepare. Some people may view this as an advantage, however, because the skill of the cook becomes more important, the ingredients and flavors are studied and savored, and the tradition surrounding the ritual of meal preparation and the flowing gathering places value on family, community and cultural tradition.

In my opinion, while fast food is convenient and easy, it is often unhealthy and expensive. Personally, I prefer to take a few extra minutes to prepare a meal which is worth savoring and sharing than to indulge in expensive fast-food meals that are greasy, salty and, in my opinion, unsatisfying.