

IELTS Writing Course

Task 2: Problem - Solution
Weight and fitness

Paul Winterbottom



趴趴教育
PAPA EDUCATION

Question:



In some countries the average weight of people is increasing and their levels of health and fitness are decreasing.

What do you think are the causes of these problems and what measures could be taken to solve them?

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

General Points



1. Read the question carefully: make sure you answer it fully.
2. If you are giving your opinion make it very clear (strong is a good idea) throughout.
3. Focus your planning on content.
4. Expanding your reasons and supporting them: often with examples – including personal examples - is important for task achievement.
5. 280+ words / 40 minutes / 10 minutes planning / write after task 1
6. Usually 4 paragraphs: Introduction / Conclusion + 2 main paragraphs
7. Leave a blank line between paragraphs when writing.

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Planning: 3 Key Stages



1. Read / analyse question carefully: decide type of essay and note elements required for a complete answer (in exam)
2. Consider structure for this kind of essay. (Template.) Remember: if you give an opinion it must be very clear throughout the essay (pre-exam)
3. Plan the content & exact structure for answer this particular question (in exam)

The Question: Cause / Problem - Solution



(SUBJECT)

In some countries the average weight of people is increasing and their levels of health and fitness are decreasing.

What do you think are the causes of these problems and what measures could be taken to solve them?

(TASK)

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



Planning: 3 Key Stages

1. Read / analyse question carefully: decide type of essay and note elements required for a complete answer (in exam)
2. Consider structure for this kind of essay. (Template.) Remember: if you give an opinion it must be very clear throughout the essay (pre-exam)
3. Plan the content & exact structure for answer this particular question (in exam)

Template for cause / problem - solution essay:



	Cause / Problem – Solution Essay: Paragraph Structure
Paragraph 1	Explain what I am going to do
Paragraph 2	The problems (2)
Paragraph 3	The solutions (2)
Paragraph 4	Conclusion Short summary of my solution



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Planning: Causes (Paragraph 2)

(1) Eat too much junk food

Why?
cheap
easily available
tasty
lack of cooking skills

meaning of junk food:
high: sugar / salt / fat / calories
low: nutritional value

calorie intake up -> weight up

(2) Not getting enough exercise

Why?
desk work
travel by car
busy

burning fewer calories-> weight up

bad for health:
eg heart disease
lack of muscle

Planning: Solutions (Paragraph 3)



(1) Give children cooking and nutrition lessons

Why?
cooking:

learn how to make
cheap healthy meals at home

Why?
nutrition:

what is “healthy” food
dangers of “junk food”

Result:

some individuals / families will
change behaviour

(2) Health education campaign

Content: **Risks**

Dangers of:
overweight
no exercise

Content: **Solutions**

How to:
eat better
get exercise

Result:

more awareness of both risks and
how to minimise them

Writing: paragraph 1



There are many complex reasons for the rise in obesity and decline in health in some wealthy countries. Below I will consider two of the most important, and then suggest some solutions that can address these issues.

Writing: paragraph 1



There are many complex reasons for the rise in obesity and decline in health in some wealthy countries. Below I will consider two of the most important, and then suggest some solutions that can address these issues.

Writing: paragraph 1



There are many complex reasons for the challenging behaviour of some school children. Below I will consider two of the most important, and then suggest some solutions that can address these issues.

Writing: paragraph 1



There are many complex problems related to the growing use of drugs in some countries. Below I will consider two of the most important, and then suggest some solutions that can address these issues.

Writing: paragraph2



There are many complex problems related to the growing use of drugs in some countries. Below I will consider two of the most important, and then suggest some solutions that can address these issues.

Writing: paragraph 2: Causes



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meaning of junk food:
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Why?
desk work
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Writing: paragraph 2



One important cause is the fact that many people tend to eat too much "junk food". This means food that is low in nutritional value, but high in sugar, salt, fat, and as a result, calories. People do this because this type of food is cheap, tasty, easily available, and they often do not know how to cook well at home. In most towns there are many cafes that sell pizza, burgers, and fried chicken, with sugar-filled drinks and desserts to go with them. The result is that people eat too many calories, and their weight goes up. A second cause is that most people do not get enough exercise. This is primarily due to the fact that a lot of modern work is desk work, not physical work, and people often travel by car rather than walk - even for short distances. Also, many people also feel too busy to exercise. Consequently, people's health is directly affected by the lack of exercise, and their weight also increases as they use fewer calories - thereby also indirectly damaging their health.



Writing: paragraph 2

1. One important cause is the fact that many people tend to eat too much "junk food".
2. This means food that is low in nutritional value, but high in sugar, salt, fat, and as a result, calories.
3. People do this because this type of food is cheap, tasty, easily available, and they often do not know how to cook well at home.
4. In most towns there are many cafes that sell pizza, burgers, and fried chicken, with sugar-filled drinks and desserts to go with them.
5. The result is that people eat too many calories, and their weight goes up.



Writing: paragraph 2

6. A second cause is that most people do not get enough exercise.
7. This is primarily due to the fact that a lot of modern work is desk work, not physical work, and people often travel by car rather than walk - even for short distances.
8. Also, many people feel too busy to exercise.
9. Consequently, people's health is directly affected by the lack of exercise, and their weight also increases as they use fewer calories - thereby also indirectly damaging their health.



Writing: paragraph 2

1. One important cause is the fact that many people tend to eat too much "junk food".
2. This means food that is low in nutritional value, but high in sugar, salt, fat, and as a result, calories.
3. People do this because this type of food is cheap, tasty, easily available, and they often do not know how to cook well at home.
4. The result is that people eat too many calories, and their weight goes up.
6. A second cause is that most people do not get enough exercise.
7. This is primarily due to the fact that a lot of modern work is desk work, not physical work, and people often travel by car rather than walk - even for short distances.
8. This can negatively affect people's health and lead to people weighing more.



Writing: paragraph 3: Solutions

(1) Give children cooking and nutrition lessons

Why?
cooking:

learn how to make
cheap healthy meals at home

Why?
nutrition:

what is “healthy” food
dangers of “junk food”

Result:

some individuals / families will
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(2) Health education campaign

Content: **Risks**

Dangers of:
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Content: **Solutions**

How to:
eat better
get exercise

Result:

more awareness of both risks and
how to minimise them

Writing: paragraph 3



Although it is extremely difficult to find a complete solution to these problems, I believe the following two measures are likely to help significantly. First, I think that children should be given cooking and nutrition lessons in school. In these lessons they can learn how to make simple, healthy and economical meals at home. They can also learn about both the importance of eating healthy food, and the dangers of too much junk food. I believe that this type of education - starting with children - will encourage some families to change their behaviour. Secondly, there should be an intensive health education campaign that shows the dangers of being overweight and not exercising. This needs to be combined with clear advice on how to eat better - but still enjoyably - and be more active. The result is that more people will become aware of both the serious risks they are taking and the easily available ways to minimise them.



Writing: paragraph 3

1. Although it is extremely difficult to find a complete solution to these problems, I believe the following two measures are likely to help significantly.
2. First, I think that children should be given cooking and nutrition lessons in school.
3. In these lessons they can learn how to make simple, healthy and economical meals at home.
4. They can also learn about both the importance of eating healthy food, and the dangers of too much junk food.
5. I believe that this type of education - starting with children - will encourage some families to change their behaviour.



Writing: paragraph 3

6. **Secondly**, there should be **an intensive health education campaign** that shows **the dangers of being overweight and not exercising**.
7. **This** needs to be combined with clear **advice on how to eat better** - but still enjoyably - **and be more active**.
8. **The result is that more people will become aware of both the serious risks they are taking and the easily available ways to minimise them**.



Writing: paragraph 3

1. Although it is extremely difficult to find a complete solution to these problems, I believe the following two measures are likely to help significantly.
2. First, I think that children should be given cooking and nutrition lessons in school.
3. In these lessons they can learn how to make simple, healthy and economical meals at home.
4. They can also learn about both the importance of eating healthy food, and the dangers of junk food.
5. Secondly, there should be an intensive health education campaign that shows the dangers of being overweight and not exercising.
6. The result is that more people will become aware of both the serious risks they are taking and the easily available ways to minimise them

Writing: paragraph 4



In conclusion, I believe there is no single, miraculous solution to a complex problem that has multiple causes. However, the measures suggested above are likely, I believe, to improve the situation, and I recommend their prompt implementation.

Writing: paragraph 4 (bad behaviour)



In conclusion, I believe there is no single, miraculous solution to a complex problem that has multiple causes. However, the measures suggested above are likely, I believe, to improve the situation, and I recommend their prompt implementation.

Writing: paragraph 4 (drugs)



In conclusion, I believe there is no single, miraculous solution to the complex problems caused by drug abuse. However, the measures suggested above are likely, I believe, to improve the situation, and I recommend their prompt implementation.

