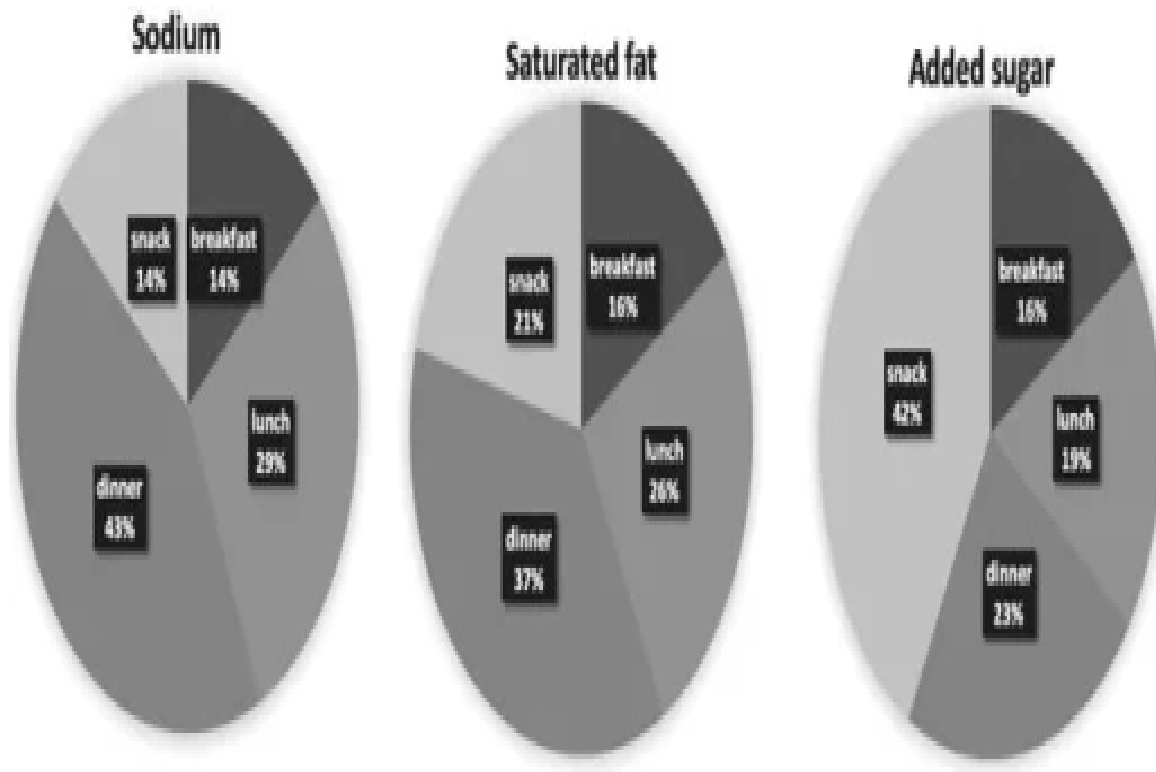


Task 1: Pie Chart

Subject: The charts below show the average percentages in typical meals of three types of nutrients, all of which may be unhealthy if eaten too much.



Answer #1

Response:

The three pie charts elucidate the average percentages of three potentially detrimental nutrients—sodium, saturated fat, and added sugar—within typical meals throughout the day. Overall, it is evident that dinner has the highest concentrations of sodium and saturated fat, while breakfast features the lowest amounts of these nutrients.

In detail, dinner exhibits a pronounced prevalence of sodium and saturated fat, constituting 43% and 37%, respectively. Conversely, the proportion of added sugar in dinner is significantly lower at 23%. In stark contrast, breakfast shows the least nutrient density across all categories, with saturated fat and added sugar levels recorded at a mere 14% and 16%, respectively. This indicates a healthier profile for breakfast in comparison to other meals.

Lunch presents moderate values for each of the nutrients, contributing 29% for sodium, 26% for saturated fat, and 19% for added sugar. Snacks, while generally lower in overall nutrient contribution, remarkably peak in added sugar at 42%. This is in juxtaposition to sodium and saturated fat, which are lower at 29% and 26%, respectively. Thus, snacks predominantly skew towards higher added sugar consumption while maintaining a relatively balanced intake of sodium and saturated fat.

Scores:

Overall Band Score: 9

Task Response: 9 - The report provides a comprehensive and accurate summary of the main features of the charts, highlighting key comparisons and trends. It effectively addresses all aspects of the task.

Coherence & Cohesion: 9 - The report is exceptionally well-organized and cohesive. The information flows smoothly, with clear transitions and logical connections between paragraphs and sentences.

Lexical Resource: 8.5 - The report demonstrates a wide range of vocabulary, using precise and sophisticated language to describe the data. The choice of words is accurate and appropriate, enhancing the clarity and impact of the report.

Grammatical Range & Accuracy: 9 - The report exhibits a high level of grammatical accuracy and fluency. The use of complex sentence structures and varied grammatical features is impressive, contributing to the overall quality of the writing.

Answer #2

Response:

The pie charts illustrate the average percentage of three nutrients—sodium, saturated fat, and added sugar—in four types of meals consumed daily in the USA: breakfast, lunch, dinner, and snacks. Overconsumption of these nutrients can be harmful to health.

Overall, dinner emerges as the meal with the highest concentration of sodium and saturated fat, while snacks contain the most added sugar. In contrast, breakfast is the healthiest meal, with the lowest proportions of all three nutrients.

In detail, dinner accounts for the highest percentages of sodium and saturated fat, at 43% and 37%, respectively. However, the proportion of added sugar in dinner is comparatively lower, at 23%.

Snacks, on the other hand, have a significantly high sugar content, making up 42% of the total, which is equal to the sodium content in dinner. Sodium and saturated fat in snacks constitute 14% and 21%, respectively.

Conversely, breakfast distributes the three nutrients more evenly, each comprising around 15%, making it the most balanced and least unhealthy meal. Lunch has a slightly higher nutrient content, with sodium at 29%, saturated fat at 26%, and added sugar at 19%, but it still remains healthier than dinner and snacks.

Scores:

Overall Band Score: 9

Task Response: 9 - The report provides a comprehensive and accurate analysis of the data presented in the pie charts. It effectively addresses all aspects of the task, demonstrating a clear understanding of the information.

Coherence & Cohesion: 9 - The report is well-organized and logically structured. The ideas flow smoothly, and the use of cohesive devices is seamless, creating a cohesive and easy-to-follow narrative.

Lexical Resource: 8.5 - The report demonstrates a wide range of vocabulary, using precise and sophisticated language to describe the data. The choice of words is accurate and appropriate, enhancing the clarity and impact of the report.

Grammatical Range & Accuracy: 9 - The report exhibits a high level of grammatical accuracy and fluency. A wide range of grammatical structures is used correctly and effectively, contributing to the overall clarity and sophistication of the writing.

Answer #3

Response:

The charts illustrate the average percentages of three nutrients (sodium, saturated fat, and added sugar) consumed in typical meals, highlighting that too much of these can be unhealthy. Overall, different meals contribute differently to nutrient intake.

Dinner appears to be the biggest contributor to sodium and saturated fat, accounting for 43% and 37% respectively. Lunch is also a contributor to sodium intake at 29% and to saturated fat at 26%. Breakfast is the least significant in terms of sodium (14%) and saturated fat (16%), whereas snacks have a significant impact, especially on saturated fat at 21%. For added sugar, snacks are the main source, contributing 42%, followed by dinner at 23%, lunch at 19%, and breakfast at 16%.

Comparing these figures, it is clear that dinner is a key meal for sodium and saturated fat intake, while snacks dominate in added sugar. Breakfast consistently has the lowest percentages across all three nutrients.

Scores:

Overall Band Score: 9

Task Response: 9 - The report fully addresses the task by summarizing the information presented in the charts and discussing the significance of different meals in contributing to the intake of sodium, saturated fat, and added sugar.

Coherence & Cohesion: 9 - The report is well-organized with clear paragraphing and a logical flow of ideas. Transition words are effectively used to connect sentences and ideas, enhancing coherence and cohesion.

Lexical Resource: 9 - The report demonstrates a wide range of vocabulary related to nutrients and meals. The language used is precise, accurate, and sophisticated, contributing to a clear and nuanced discussion of the data.

Grammatical Range & Accuracy: 9 - A variety of grammatical structures are used accurately throughout the report. Punctuation and sentence structures are consistently appropriate, showcasing a high level of grammatical control.