

14 Task 2 Model Answers

IELTS 7 Plus

1.

The best way to improve health is to exercise daily.

To what extent do you agree?

Some people feel that the best way to improve a person's wellbeing is by participating in physical activities. In this essay, I will discuss whether I agree with this idea. Firstly, I will discuss how a lack of exercise can cause obesity. Secondly, I will explore how exercise can improve a person's mental wellbeing.

Firstly, it is important to consider the specific health conditions that are a result of sedentary lifestyle and can be improved by exercising on a daily basis. Obesity is a health condition that is caused due to a person's inactive lifestyle and unhealthy food choices. An example of the results of obesity is heart attacks which are considered to be caused by unhealthy lifestyles. Physical activity makes a person agile, fights lethargy and also burns calories thereby helping a person in reducing weight which is the prime target of an obese person. For this reason, using exercise to fight obesity should be considered very important.

Another way exercise can improve our wellbeing is through improving our mental health. Many people these days suffer from depression or increased stress in their daily lives. There are many forms of exercise that can help with stress such as yoga, meditating and running. Regular exercise is also known to improve sleeping patterns and keep organs such as the heart and the lungs healthy by regulating breathing. For this reason, exercise is definitely one of the best ways to improve health.

In conclusion, a lot of health problems are related to inactive lifestyle and by including exercise in the daily regimen people can bring about a significantly positive change in their health.

2.

The rise of convenience foods has helped people keep up with the speed of the modern lifestyle.

What are the advantages and disadvantages of this trend?

Fast foods are becoming increasingly popular and enable people to eat whilst living in a fast paced environment. In this essay, I will discuss the advantages and disadvantages of this rising trend. Firstly, I will discuss the advantages of fast foods. Secondly, I will consider the disadvantages.

Modern lifestyle requires people to be on their toes all the time. With demanding work schedules spanning for at least 10 to 12 hours in a day to coming back home completely exhausted to take up any chore, people have the tendency to skip their meals. For this reason, foods such as McDonalds are very popular as they are quick, cheap and readily available. The availability of convenience foods has reduced the number of people who skip their breakfast, lunch and dinner. These meals can be eaten on the go and do not require people to take out time from their schedules which they are quite helpful in allowing people to keep up with their jam packed routines.

On the other hand, the disadvantages of eating convenience meals are quite severe. Since convenience meals are mostly packaged meals that require quick heating in the microwave before consumption, they naturally contain a lot of added flavours, chemicals and preservatives. Regular consumption of preservatives is harmful for long term health. In addition to this, convenience foods do not have the same nutritive value as traditionally prepared, fresh food.

To conclude, although convenience foods have made it extremely easy for people to maintain an eating schedule while managing their modern lifestyles, it is important that a balance is created between eating traditional food and convenience food to maintain overall health while leading a modern life.

3.

There seems to be an increasing number of serious crimes committed each year. While some think the best way is to use the death penalty as a deterrent, many people believe that other measures will be needed.

Discuss both sides.

Many people consider that death penalty is one of the most preferred ways of punishing the criminals while others are of the opinion that it is not always the answer. In this essay, I will consider and discuss both points of views. Firstly, I will discuss why people may be in favour of this kind of social justice. Secondly, I will explore why the death penalty should not be used.

On one hand, there are some experienced criminals who commit extremely hideous crimes for which there is no punishment that is equivalent to the degree of the crime committed. Crimes such as rapes and planned murders in which criminals end up exploiting and violating the dignity of the victim and taking away their life, require the judicial system to punish them harshly. For example, crimes such as murder should be considered extremely severe and therefore the

death penalty may meet the severity of the crime. Furthermore, it can act as a warning for other criminals.

On the other hand, it's also true that there are many people who are opposed to the death penalty. It could be the crimes are committed by misguided youth who do not have proper education and guidance. Instead of punishing such criminals with death penalty they should be counselled and given community service so they can realize their mistakes. Also, there is no return from the death penalty. For this reason, criminals can never change and repent their crimes.

In conclusion, death penalty is one of the strictest, most unforgiving forms of punishment that must be given to unrelenting criminals while criminals who accept their mistake and are willing to change must be punished likewise to give them an opportunity to become a better and more constructive individual.

4.

The probability of an offender committing a crime after serving the first punishment has increased. What is the reason for this and how can this problem be tackled?

Offenders who are released from prison after serving their first sentence are more likely to resort to committing crimes again. There are a number of reasons for this, and will suggest ways to solve this problem in this essay. Firstly, I will discuss how counselling and education could help prisoners to reform. Secondly, I will share how money and finances can lead people to commit crimes again.

Firstly, when people are in prison they often do not receive any counselling or assistance with education to help improve their ways of thinking. This means that mentally the criminal does not change or develop whilst locked up. One solution for this problem could be to give access to lots of educational facilities to the prisoners whilst in jail. As a result of this, once the prisoner is free from prison, they will be able to have a positive impact on society and not commit any further crimes. Also, education will help the person to find a good job and feel less pressure to not commit crimes.

Secondly, financial reasons often could cause people to recommit crimes and make an early return into jail. When people leave prison they are often left in a difficult financial position which could lead them to stealing or commit other crimes to raise money. The government should create jobs that are readily available for ex-criminals to work in – especially if they can help people in the community. This solution has two great benefits. The person who has left prison can earn money to secure themselves and also can help the community feel valued.

To conclude, effective counselling, skill development sessions and a structured rehabilitation program will help in the first time offenders from getting misguided into committing crimes again.

5.

Most modern families have both parents working and as a result children spend less and less time with their parents. What is the reason for this? What solutions can you suggest?

The quality and quantity of time that parents used to spend with their children has considerably reduced as families have become more modern and both parents have started to work. In this essay, I will discuss the reasons for this growing problem and explore possible solutions. Firstly, I will discuss the financial reasons for this growing problem. Secondly, I will consider how globalisation may also be a reason for parents spending less time with their children.

To begin with, it's clear that the cost of childcare is extremely expensive for almost all parents who need someone to look after their children. People who live in large cities have more options for nurseries than elsewhere, but the prices are still not affordable. A possible solution to this problem could be to have government subsidised and discounted childcare available to all parents, possibly under a certain yearly salary. By doing this, parents will be able to work only one job with normal hours, therefore spending more time with their children.

Another reason parents and children are spending less time together could be due to the low cost and easily available transport now open. Many adults are travelling more, often for work commitments. For this reason they are unable to spend a lot of time with their children, or simply prefer to holiday. Especially for work, employers should consider this when asking parents to travel for their jobs. It would enable families to spend more quality time together.

With both parents in the family having full time jobs, their time with their children is compromised leading to adverse impact on the children. It is important that the parents find a balance between earning money and spending quality time with their children for their overall development.

6.

Some people think that the internet has brought people closer together while others think that people and communities have become more isolated.

Discuss both sides and give your opinion.

There are many people who praise the internet for its capability of bringing people far away from each other, closer than ever before, while there are some who hold it responsible for driving communities away from each other into a virtual world. In this essay, I will discuss both sides of thinking on this topic. Firstly, I will discuss how some people believe it brings people closer together. Then, I will consider why many feel it is building closer relationships with people.

The internet brought about a revolution in how people communicate and connect with each other. It is easy not just for people in the same country but also for people who live thousands of miles away to talk to each other in a click. Social networking sites such as Facebook have made it even more convenient for people to stay updated with the latest happenings in the lives of their near and dear ones. Video calls have eliminated the barriers that prevented people from seeing each other, unless they were face to face under the same roof.

However, with the increasing use of the internet there has also been a shift in how people choose to spend their time. Now, instead of coming out of their homes and meeting people, in person, everyone prefers staying inside and sending a message online. Celebration of festivals that earlier involved coming out of house and celebrating together is now confined to wishing each other on Facebook and Twitter. This has resulted in breaking the strength of community ties.

Although the internet in many ways has allowed people to be closer with each other, it has also created problem in building relationships. In my opinion, the internet does more damage than good for bringing people and communities closer together.

7.

In many countries today, parents are able to choose to send their children to single-sex schools or co-educational schools. Some people think that children going to single-sex schools have disadvantages later in life. To what extent do you agree?

When choosing a school for their child, one of the primary choices that the parents face is whether to send the child to a single-sex school or to a co-education school. I will explore the advantages and disadvantages of single-sex schools in this essay. Firstly, I will consider the advantages of mixed sex schools. Then, I will consider the disadvantages of single sex schools.

Schools that have co-education are schools that teach both boys and girls together. In such schools, children are given the opportunity to interact with the opposite gender right from their foundation years. This opportunity leads them to develop effective communication and interpersonal skills. Such children grow up as confident individuals who are not hesitant when it comes to interacting with people of the opposite sex. This gives children a lot of advantage in the professional world where they have to work in a mixed environment.

Schools that provide single-sex education do not provide a healthy growing environment for children in terms of exposure. A boy grows up never learning how to interact and be with a girl in a formal setting while a girl is completely unaware of how she should approach a boy to talk about anything. When these children grow up they are overpowered by shyness and curiosity which children of co-education schools have overcome in their early years of education.

To conclude, if the parents have a choice of whether they should send their child to a single-sex school or a co-educational school, they should choose the latter because of its definite advantages over the former. In my opinion, mixed sex schools are much better for the children.

8.

Celebrities make a very good living out of media attention and have chosen to live in the public spotlight. They have no right to complain when they feel the media are intruding on their privacy.

To what extent do you agree or disagree with this opinion?

Being a celebrity requires a person to be ready for a life that is subject to public scrutiny. In this essay, I will discuss both sides of this thinking into whether it is fair or unfair for how celebrities are treated. Firstly, I will discuss why is fair that celebrities should be put under public scrutiny. Secondly, I will consider why it might be unfair for the media and public to scrutinise their lifestyles.

There are a number of celebrities who choose to do everything in public or to make sure whatever they do reaches the public eyes and ears. There are some celebrities who have chosen to make a show out of their everyday lives so people can see what they do on a daily basis. For example, it is now very popular for TV shows to follow people 24 hours a day and let people see exactly how they live. It is the celebrity's choice to have this kind of lifestyle and they also make a lot of money from doing this. For this reason, they should feel okay with people looking closely at their lifestyles and making judgements on them.

Once a celebrity gets public attention, it is extremely difficult to get away from it. The public is always hungry to know more and the media will always do whatever gets it more views and therefore, more money. However, no matter how famous a person is and whether or not they choose to do what they do, publicly, it is important that media respects their privacy. Celebrities too are normal people who are as entitled to privacy as a non-celebrity.

With media gaining unquestionable power it is important for the government to set regulations on the extent to which they can publicise the lives of celebrities.

9.

Is freedom of speech necessary in a free society? Should governments control what people say in public?

Give reasons for your answer.

One of the building blocks of an independent society is the ability of its people to exercise their right to free speech although in some countries the government controls what people can discuss and share publically. I will explore the two questions asked and share my ideas. Firstly, I will explore if freedom of speech is a positive thing. Secondly, I will consider if governments have any right to stop people talking about certain things.

In many modern, democratic countries freedom of speech is an important aspect of everyday life for many people. It is very important that people are able to discuss freely matters that are affecting their lives and issues they see in their community. For example, if they wish to criticize a leader or ruling party, they should feel safe to do so. On the other hand, citizens need to consider carefully if what they are saying is true and won't cause any problems for other people. For this reason, people must be taught to think and act morally whilst considering other people's feelings and ideas.

It is also true that many governments around the world tightly watch and control what people can and can't discuss. Many countries do not let their citizens criticize their actions or ruling of the country. Often there may be strict punishments for people who share negative thinking about their ruling of the country. If the government had run the country well, there would be no threat to letting people discuss this. In my opinion, it shows a paranoia about themselves and they therefore wish to control people's speech,

In conclusion, for a society to call itself free it is important that its people not only have the freedom of speech but also exercise that right as a true member of the society.

10.

Some people choose to eat no meat or fish. They believe that this is not only better for their own health but also benefits the environment as a whole.

Discuss this view and give your own opinion.

There are a number of people who believe the only way to maintain good health while benefitting the environment at large is by refraining from eating meat and fish. In this essay, I will discuss this thinking and share my opinion on my matter. Firstly, I will consider the environmental benefits of being vegetarian. Then, I will consider the health implications of eating a meat free diet.

Environmental benefit is major factor that leads people to choose a vegetarian diet. The source of all non-vegetarian food is animals and to eat a non-vegetarian meal means to kill an animal. Many people think of it as an ethical issue which is why they find it difficult to eat fish and meats. For example, it is now widely known that feeding a cow costs a lot of money due to the amount of food needed to be grown to feed the cow. It is much more environmentally friendly to eat vegetables than a cow.

Some people shift towards vegetarianism due to health concerns believing that eating too much meat will invite unwanted health problems. While it is true that health problems such as swine flu and ringworm happen because of eating infected meat, if precautions are taken while cooking the meat and if it is bought from a hygienic store, these problems can be countered. Fish and meats contain some nutrients such as proteins, vitamin B12 and omega fatty acids that cannot be found in plant based food. They are essential for a person to be healthy and if an individual doesn't consume meat and fish directly, they will have to consume supplements to obtain those nutrients. These supplements too are derived from animals, which is why it is better to consume healthy fish and meat instead of relying on health supplements later on.

It is clear that there are many reasons for becoming a vegetarian. In my opinion, I think that it is important to maintain a balanced diet which is not possible by abstaining from eating fish and meat.

11.

Some people think that professional athletes make good role models for young people, while others believe they don't.

Discuss both these points of views.

Many people think that professional athletes are known to be good role models for young people because of the level of success that they have achieved while others believe that being a good role model has nothing to do with being a professional athlete. I will discuss both sides of this thinking in this essay. Firstly, I will consider why athletes could be good role models for young people. Then I will discuss why they are not fit to be role models for children and young adults.

To be a good role model for the young people, a professional athlete should know how to inspire people to play the sport and to be ready for all the obstacles that will fall in the way. There is a certain sense of responsibility that comes with being a role model for millions of people, especially the youth that has the power to change the future. Only the professional athletes who are honest about their journey and how they had to strive hard to become successful can be true role models for the young people. Professional athletes such as Usain Bolt show that with determination and hard honest work, you can achieve your goals, which young people may learn from him.

On the other hand, many professional athletes lead scandalous lives that may have a negative impact on a young person's actions. Especially in the last few years, there have been several high profile doping scandals, highlighting drug taking in professional sports people. To achieve their goals and win, some sport people take drugs to increase their performance. It is very dangerous for children to see this and feel that it is okay to cheat in order to win.

To conclude, professional athletes can only be a good role model for the young people when they know how to highlight the highs and the lows of playing a sport instead of just glamorizing the sport through the money and fame that they achieve.

12.

Motorways help people travel quickly and cover long distances but they also cause problems. What are the problems of motorways and what solutions are there?

One of the most preferred forms of transport are motor vehicles because they are fast and allow people to travel longer distances in less time. Motorways definitely are a swift way to commute, however, the excessive reliance on them has led to a lot of problems such as pollution, acid rain, global warming and traffic jams. In this essay I will discuss the problems that motorways cause and suggest possible solutions for them. Firstly, I will consider the environmental problems associated with motorways. Secondly, I will discuss the problem of traffic due to increased car ownership.

Firstly, the engines of motor vehicles are powered by combustion of the fossil fuels such as petroleum. The incomplete burning of these fuels causes production of oxides, dioxides and trioxides of sulphur, nitrogen, and carbon which get mingled with the atmosphere. A part of these gases mixes with the atmospheric vapour causing acid rain while the remaining erodes the ozone layer causing ozone layer depletion and global warming. The first solution that needs to be implemented to solve the problem of pollution and consequently other environmental damages through overuse of motorways is replacing the fossil fuels with a renewable and more environmentally friendly fuel. Solar-powered and battery powered vehicles are gaining a lot of popularity because all they need is charging from sun or chemicals that are easily available. In addition to this, these vehicles do not give out any form of pollutant gases when being driven.

Secondly, with the need to travel quickly almost everyone owns a motor vehicle. With people commuting in all directions during office hours, roads are flooded with cars and public transport causing traffic jams. This leads to delays and defeats the ultimate purpose of using a motor vehicle which is to travel quickly. The second solution that will not only help in reducing traffic jams but also in fighting pollution is popularizing the car-pool culture. People should use their vehicles to give lift to other people travelling in the same direction as them, thereby reducing the number of vehicles on road. People should further opt for public transport.

In conclusion, for people to be able to fight the problems caused due to use of motor vehicles it is important that they find alternatives that are as quick to commute and also help in decreasing the pollution levels and traffic jams.

13.

In general, people do not have such a close relationship with their neighbours as they did in the past.

Why is this so, and what can be done to improve contact between neighbours?

Man is a social animal and neighbours have always been an integral part of man's social network. However, of late, with the society moving towards modernization, and people becoming busy in their packed work schedules. In this essay, I will discuss the reasons why people do not have such close relationships with their neighbours. Firstly, I will consider the financial reasons this may have happened and then I will discuss how the internet has impacted on building relationships with neighbours.

The first reason why people have stopped sharing an important relationship with their neighbours now, as compared to in the past, is because of the fast paced lifestyles that people have started leading. Everyone has a set routine of what they need to do from the moment they get up, till the minute they go to sleep. People are occupied in the race of competing and earning money. There are families who don't even have enough time to sit together as a family, so interacting with neighbours is definitely out of the question. The first step that can be taken to improve the contact between neighbours is, for some people to become volunteers and organize community meetings and interactive sessions that encourage people to come out of their homes and talk to each other.

The second reason for the reduced interaction between neighbours is that people have become less active in their real life and more active in the virtual world. They find it easy to be inside their homes and go online on Facebook and Twitter, than to go out and knock the doors of their neighbours to catch up with each other. To solve this problem, people need to be taught and educated on the use of social media so they can use it less and have real relations with people in their communities.

To conclude, neighbours are important when it comes to our social lives and with a little effort from everyone's end it is possible to revive the relationship that neighbours used to share with each other, once upon a time.

14.

Many childhood diseases can now be prevented through the use of vaccines. Should parents be made by law to immunise their children against common diseases or should individuals have the right to choose not to immunise their children?

Voluntary immunisation of children against diseases has always been a big question for a lot of parents. In this essay, I will discuss immunisation and its impact on society. Firstly, I will discuss how immunisation can help children by protecting them from illness and disease. Secondly, I will consider how parents should have freedom of choice in many respects of their children's life.

When medical associations and the government develop an immunisation plan against a certain disease, it has been done after years of research that shows that a majority of children are at a risk of having that disease. It is because of this high risk that vaccinations are developed and parents are urged to get their children immunised. If parents choose not to immunise their child, they are exposing the child to a danger that could have easily been prevented.

It is true that in many ways, parents should have the right to care for their children as they see fit, in a loving and caring environment. Many parents feel that immunisations don't help their children and actually make them sick, too. Although this is not scientifically proven, it may be fair to say that parents should have the freedom of choice to look after their children how they believe is best.

In conclusion, a number of childhood diseases can be fought against, by developing artificial immunity through immunisation which is why parents should, under any circumstance, choose to get their children immunised. This will also save any future health trouble and unwanted expenditure on treatment.