

BÀI MẪU THAM KHẢO IELTS WRITING TEST 1 - CAMBRIDGE IELTS 14 BY NGOCBACH

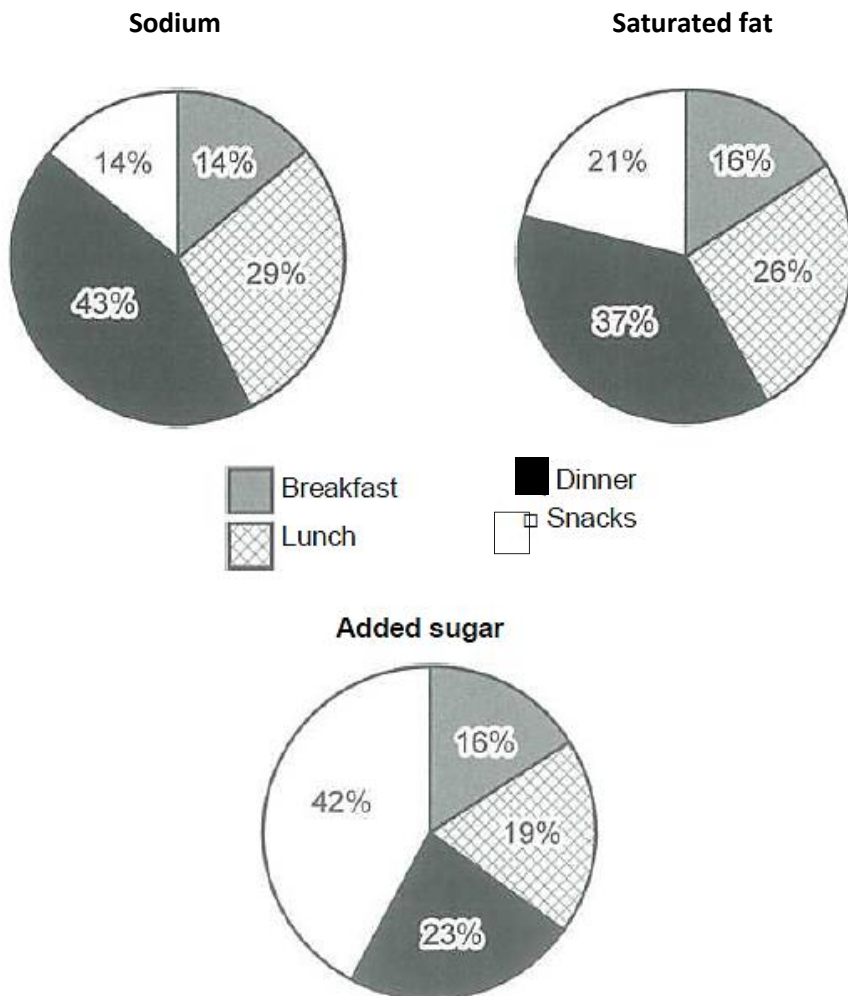
WRITING TASK 1

You should spend about 20 minutes on this task.

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. Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Write at least 150 words.

Average percentages of sodium, saturated fats and added sugars in typical meals consumed in the USA



Report Plan:

- **Paraphrase paragraph:** show>illustrate; percentages>proportions; meals consumed in the USA>American meals
- **Overview/summary paragraph:** (1) Americans ate a lot of sodium and saturated fat at dinner (2) snacks had a high % of sugar
- **Paragraph 3:** compare and report figures for the consumption of each category for breakfast and lunch
- **Paragraph 4:** compare and report figures for the consumption of each category for dinner and snacks.

Report:

The pie charts illustrate the average proportions of sodium, saturated fats and added sugar in typical American meals.

Overall, it is clear that Americans consumed a high percentage of sodium and saturated fat for dinner, **while** snacks accounted for a large proportion of added sugar.

The breakfast proportions of saturated fat and added sugar were the same at 16%, slightly more than the figure for sodium at 14%. **However**, at lunchtime Americans meals contained more sodium than saturated fat, with 29% and 26% respectively, ahead of added sugar which made up just 19%.

There was a high percentage of sodium and saturated fat in dinner meals, at 43% and 37% respectively. **In contrast**, added sugar made up less than a quarter of typical dinner meals. **Finally**, there was a high proportion of added sugar in snacks at 42%. This was double the figure for saturated fat, **while** the proportion of sodium in snacks was much lower at 14%.

158 words

WRITING TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

Some people believe that it is best to accept a bad situation, such as an unsatisfactory job or shortage of money. Others argue that it is better to try and improve such situations.

Discuss both these views and give your own opinion.

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

Write at least 250 words.

Essay Plan:

- **Introduction:** refer to the task question – own opinion: it is better to try and change a bad situation
- **Paragraph 2:** some people accept a bad situation (1) work – they are afraid of losing their job, so they tolerate a bad job (2) money – they need to accept a low income, because they have to earn a living (single-parent families, working mothers)
- **Paragraph 3:** better to change a bad situation (1) look for another job and do a course to gain new skills/knowledge (2) economize (clothes, transport) in order to have money for other things
- **Conclusion:** to have a better life, try to change a bad situation.

Essay:

It is true that many people are prepared to put up with situations like a lack of money or a job that they hate, **whereas** others argue that it is important to try to better one's circumstances. **While** there are risks involved in trying to change things for the better, I believe that it is necessary to overcome apathy or defeatism and to pursue an optimistic path.

On the one hand, some people think they have to make the most of a bad situation. **In terms of** their job, they fear being made redundant. Without work their situation would be worse, and so they tolerate low pay, long hours or a lack of promotion opportunities. **From a financial perspective**, those in single-parent households tolerate their situation because it may be difficult to make

changes and still earn a living. Working mothers in the UK, **for example**, are often short of money and have to face the challenge of supporting a family while doing a tiring job.

On the other hand, I agree with the view that it is best to try and change a bad situation. **Firstly**, it is possible to continue looking for alternative employment while still in work. It may mean studying during free hours in order to acquire new knowledge or skills, but it could be worth the effort if it improves job prospects. **Secondly**, a shortage of money can sometimes be compensated for by cutting down on expenses. **For instance**, buying second-hand clothes, or walking and cycling instead of using a car are useful ways to economize, leaving more money for other things.

In conclusion, I believe that people should always try to improve a bad situation in order to have a better life.

288 words

Vocabulary from *business and money*:

- **to make the most of something**
Meaning: to make something appear as good as possible; to exploit something; to get as much out of something as is possible.
Example: They designed the advertisements **to make the most of** the product's features.
- **to be made redundant**
Meaning: to lose one's job
Example: The car factory has closed and 1000 employees have **been made redundant**.
- **to earn a living**
Meaning: to earn money
Example: I used to **earn a living** as a teacher, but now I sell used cars.

Vocabulary from *work*:

- **promotion opportunities**
Meaning: chances to move to a more important position in a company or organization
Example: Perhaps the most important factor when choosing a job are the **promotion opportunities/promotion prospects**.

- **to acquire new knowledge/skills**

Meaning: to gain experience/knowledge/skill by your own efforts or behavior

Example: Some school leavers prefer **to acquire experience** working in a chosen profession rather than entering university.

- **job prospects**

Meaning: the chances of being successful and having more opportunities at work

Example: People with qualifications and experience usually have the best **job prospects**.

Vocabulary from *family and children*:

- **single-parent household**

Meaning: a family in which one person takes care of their child or children without a husband, wife or partner

Example: As a result of changes in society, **single parent households** are no longer considered unusual.

- **working mothers**

Meaning: women who have a job and also have to take care of their children

Example: As more and more women have entered the workforce, **working mothers** have to balance the demands of home and work.

- **to support a family**

Meaning: to have enough money to be able to look after a family

Example: Young people often delay marriage because they do not earn enough money **to support a family**.

Other vocabulary:

- **to put up with** [phrasal verb]:

Meaning: to accept somebody/something that is unpleasant, annoying without complaining

Example: I'm not going **to put up with** this hotel for a fortnight – it is dirty and noisy.

- **circumstances** [noun]:

Meaning: the conditions of a person's life, especially the money they have

Example: After his business failed, his financial **circumstances** were very difficult.

- **for the better** [expression]:

Meaning: so as to produce improvement

Example: The new educational policy is a change **for the better**, and exam results are improving.

- **apathy** [noun]:

Meaning: the feeling of not being interested in or enthusiastic about something, or about things in general

Example: There is widespread **apathy** about the elections, and few people will vote.

- **defeatism** [noun]:

Meaning: the attitude of not expecting to succeed, and showing it in a particular situation

Example: After the recent loss of so many jobs, there is an attitude of **defeatism** among the workforce.

- **to compensate** [verb]:

Meaning: to provide something good to balance or reduce the bad effects of damage or loss

Example: Winning the trophy **compensated for** all the training that the team had done.

- **to cut down on** [phrasal verb]:

Meaning: to reduce the number or amount of something

Example: After she read about the dangers of smoking, she decided **to cut down on** cigarettes.