

## WRITING

### 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**

