

IELTS Writing Sample #18

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Nowadays food has become easier to prepare. Has this change improved the way people live? You should write at least 250 words. You should spend about 40 minutes on this task. You should give reasons for your answer using your own ideas and experience.

model answer: Food is a basic part of life, so it follows that improved methods of food preparation have made our lives better. Nowadays we can prepare meals much faster than we could in the past. We can also enjoy a greater variety of food and eat more healthfully, all because of modern methods of food preparation.

Microwave ovens have made it possible to prepare delicious food quickly. People these days rarely have time to shop and prepare meals the old-fashioned way. We live very fast lives. We are busy working, caring for our families travelling, playing sports, and many other things. Because of microwave ovens, we have time to enjoy a good meal with our family and then play soccer, go to a movie, study, or do anything else we want to afterwards.

Modern methods of preserving food have made it possible to enjoy a wide variety of food. Because of refrigerators, freezers, canning, and freeze-drying, we can eat fruits and vegetables that come from far away places. We can prepare a meal one day and save the leftovers in the refrigerator or freezer to eat at another time. We can keep different kinds of food in the refrigerator or on the shelf. It's easy to always have food available and to be able to eat completely different meals every day.

Healthful eating is easier now than it ever was. Because of modern transportation methods, fresh fruits and vegetables are available all year round. Modern kitchen appliances make it easy to prepare fruits and vegetables for cooking. Bread machines make it possible to enjoy healthful, home-baked bread whenever we like. We can eat fresh and healthful food everyday because modern methods have made preparation easy.

Our lifestyle is fast, but people still like good food. New food preparation methods have given us more choices. Today we can prepare food that is more convenient, healthier, and of greater variety than ever before in history. {mosgoogle left}