

# IELTS ACADEMIC WRITING TASK 1

• **BAND 9** •  
• **SAMPLE ANSWER.** •

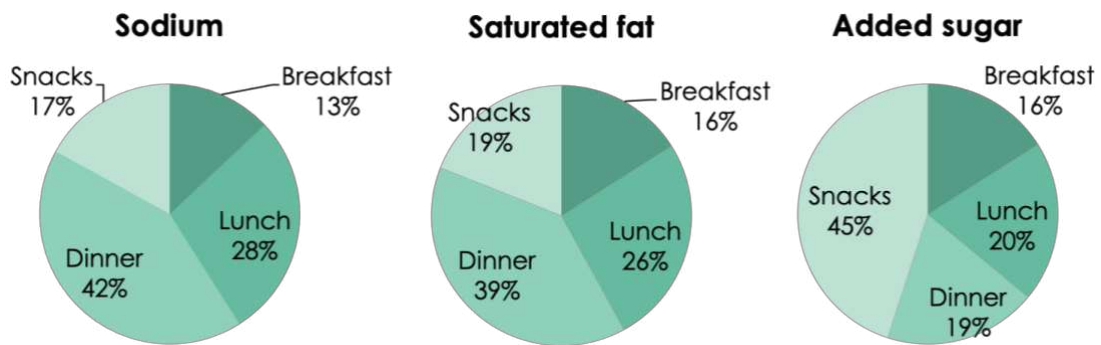


## THE TASK

The charts below show the average consumption of three nutrients by adults in the UK. All of these nutrients 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.

### Daily consumption of sodium, saturated fat and added sugar by adults in the UK.



**PLEASE NOTE** that the same information may be presented as a table.

	Sodium, %	Saturated fat, %	Added sugar, %
<b>Breakfast</b>	13	16	16
<b>Lunch</b>	30	26	20
<b>Dinner</b>	42	39	19
<b>Snacks</b>	15	19	45

## BAND 9 SAMPLE ANSWER

The three pie charts give information about the proportion of sodium, saturated fat, and added sugar in the typical meals of UK adults. Excessive consumption of any of those nutrients is considered to negatively affect one's health.

The first two meals of the day, breakfast and lunch, appear to be quite healthy with a relatively even distribution of nutrients. A typical breakfast is the lightest meal of the day, which contains between 13 and 16 per cent of each nutrient. For lunch, people consume between 20 and 28 per cent of the nutrients, with added sugar being the lowest and sodium the highest.

On the other hand, dinner and snacks appear to be less balanced. Out of all the meals, dinner contains the largest proportions of sodium and saturated fat (42 and 39 per cent of daily intake, respectively). However, when snacking, people eat the most added sugar (45 per cent), as well as slightly more sodium and saturated fat than for breakfast.

Overall, the first two meals of the day eaten by adults in the UK are relatively balanced and healthy, whereas dinner contains the most sodium and saturated fat. Most of the added sugar is in snack foods.

(198 words)



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