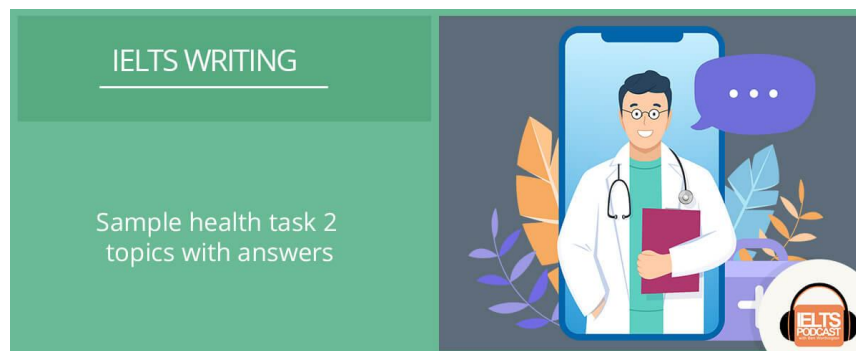
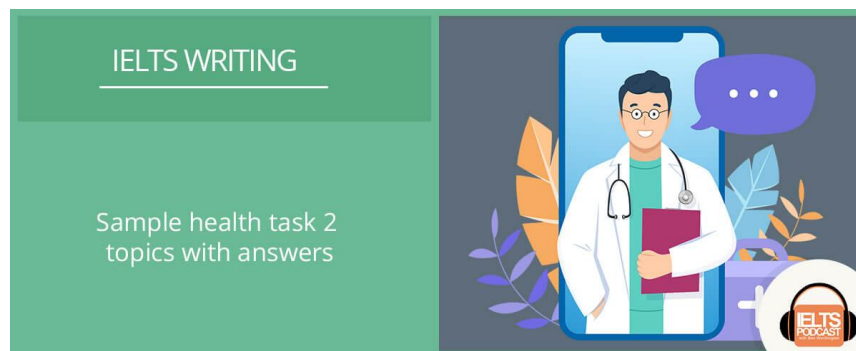




Ben: Hello IELTS students. In this tutorial, we are looking at sample health topics for Writing Task 2. Specifically, we're going to look at question analysis, simplifying the question, generating ideas, giving you sample ideas and vocabulary, and then dropping them into the framework. And this is the process that we have on our online course. We're getting a ton of success.

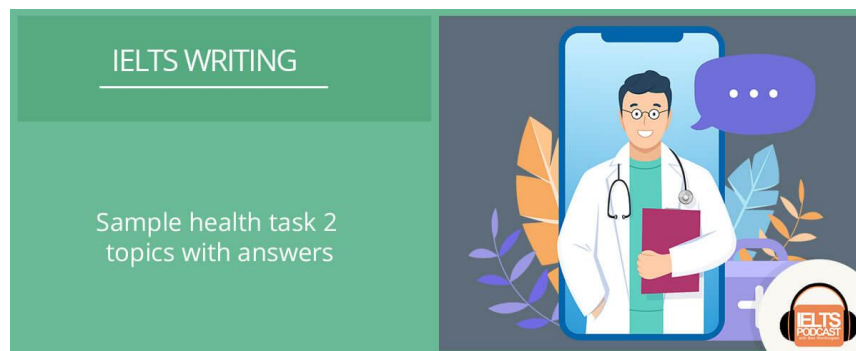
So Alexandria, well done. Your essays are very, very impressive especially considering from what we started with. And just for the listeners, Alexandria was one of those students who was writing a lot for her essays, but the problem was it wasn't really on topic and there was a lot of repetition in there as well. And also there were a few occasional grammar mistakes that she had no idea that she was making.



However, after just writing a couple of essays and watching a few tutorials, we saw some amazing improvements and we gave her some tips on the correct phrases to use and which phrases to avoid using again and again because they were just getting repeated and we gave her alternatives that would help her score slightly higher, but definitely improved the grammatical range and accuracy score as well.

Also, just for those who are not so familiar with the online course, after every essay that you send to us, we return a model essay with all the perfect vocabulary you need. And for some of the questions as well, we'll give you the vocab list of suggested terms to help you improve your essay and those suggested terms are the ones you include in your essay. And it just makes it more straightforward for you as a learner and faster as well. You just improve faster.

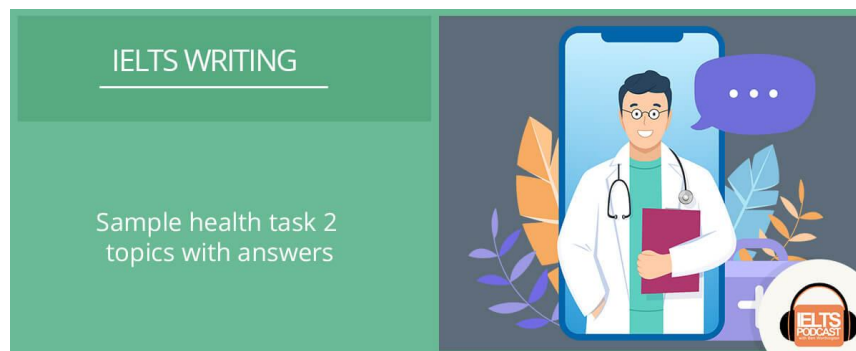
So anyway, let's jump into today's topic. We're going to be talking about health and maybe this is one of those topics where your mind goes blank. So, listening to this tutorial is going to help you



get more ideas. You're going to hear more vocabulary and you're going to get a very brief overview of how to attack your IELTS Writing Task 2, how to approach it in the fastest most efficient way possible. Benefits

Let's have a look. Even when poor countries get help from rich countries, hunger is still an issue. Discuss probable causes and solutions. Support your answer with specific reasons and examples. Quite a lot of distractions there. So, let's simplify the question. Discuss probable causes, body paragraph one and solutions, body paragraph two. This is the simplest way I can think of to attack this essay.

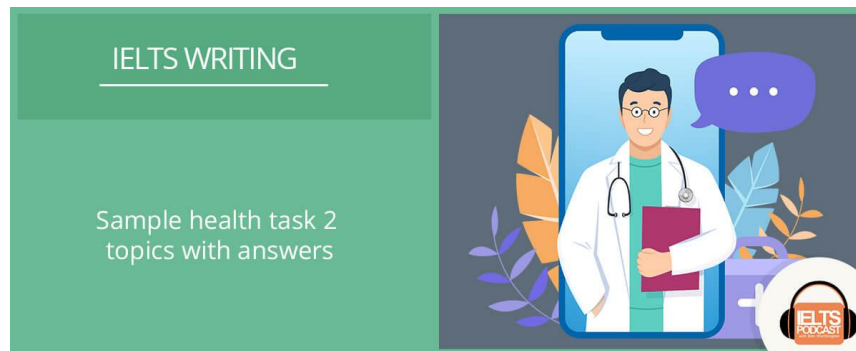
And I'm going to attack this question, I'm going to get full points because I am covering all of the question requirements and also obviously, I'm going to include in my body paragraph reasons with examples.



Let's have a look at the question again. Even when poor countries get help from rich countries, hunger is still an issue. Discuss the probable causes. Let's simplify it. Even when poor countries get help from rich countries, hunger is still a problem. Why, basically. Why is this the issue? Why is this the issue?

So, I kind of simplified the question in my mind. It's easier to work with. I'll just probably check again to see if I've got the right simplification because sometimes we can simplify it and find out actually, not only have I simplified it but I've probably changed it a little bit. So, it's quite important here just to check a few times you are still answering the question asked.

In our case, we are definitely still on topic. So, let's see. Why do poor countries get help from rich countries regarding food, but still not solved? One phrase that comes to mind is give a man fish he'll eat for a day. Give a man a fishing rod and he can fish for a lifetime. So, I could develop that. I probably won't include that in my essay. If I were an IELTS student and it wasn't

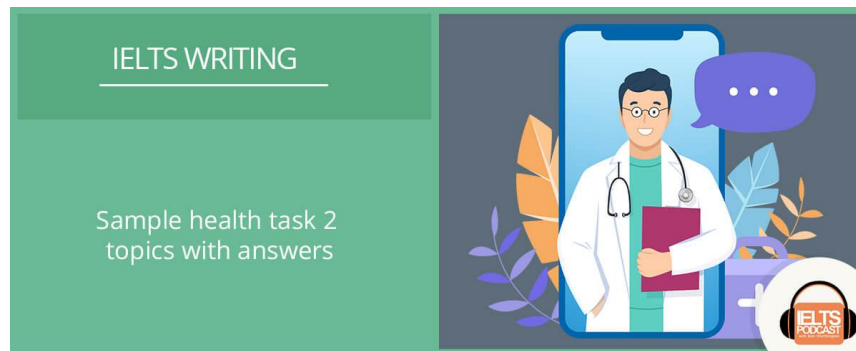


my native language, I'd probably avoid that because it could be a little bit tricky, but I can still take the idea of this.

So, let's go. Let's see. Rich countries help poor countries with regard to food aid. However, the problem is still not solved. This is because the food aid can come, but is usually used up and in a lot of cases, the country actually needs resources such as water pumps, agricultural equipment, and even seeds so that they can provide their own food. Okay? So that's reasonable.

Studies have shown merely sending-- which is just a nice more academic way of saying just sending-- merely sending food aid only helps relieve the problem for a month or two depending on the quantity of the food. It is also an ongoing cost for the sending country.

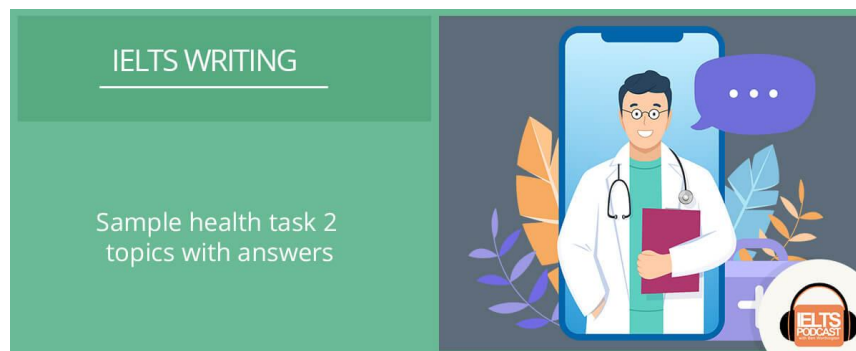
Let's see. Now, we don't want to go on to solutions. I did initially want to develop this idea of sending seeds and agricultural equipment and all of this, but I'm going to try and save this for



body paragraph 2. So, I'm going to now just-- I've mentioned it, but I'm going to develop it more in body paragraph 2.

Other problems or other causes that aid does not solve is the fact that it does not address the root cause of the famine or starvation. Again, improving my lexical resource score by using alternatives to hunger. For example, certain governments can have corrupt regimes and politicians in place that may just take the resources sent and use them in their own community or even worse, sell them to the local population and try and make a profit. And if the local population doesn't have money, then obviously the problem of hunger still exists.

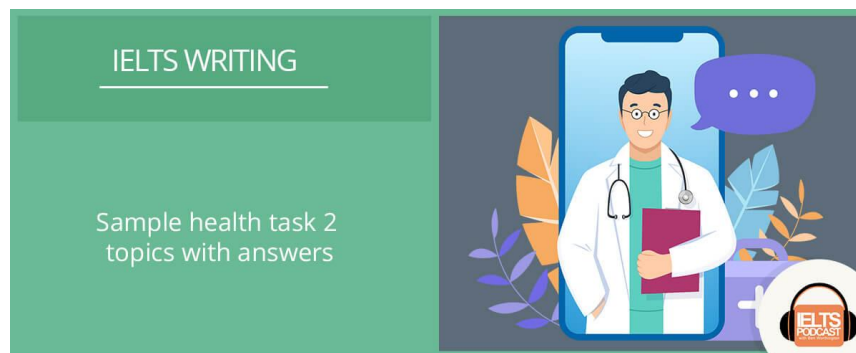
So, that's another reason and I'm just focusing on the causes. And now for my final cause-- I haven't gone on to solutions yet although I was tempted to. For the final cause, I'm going to talk about sometimes these areas are unstable and in a civil war or in a war with the neighboring country and therefore the question of logistics and sending food becomes incredibly dangerous



and uncertain. So, even though the country believes it's sending the food, it could easily be diverted, stolen or even sold to a different audience or to a different group.

And now the final sort of like nail in the coffin just to prove I'm going to pick up points, just to absolutely demonstrate, I can give an example of food aid sent by the U.S. to Lebanon in 2019 or 2021 or whatever that never reached its intended destination and was in the end used to feed the Lebanese army.

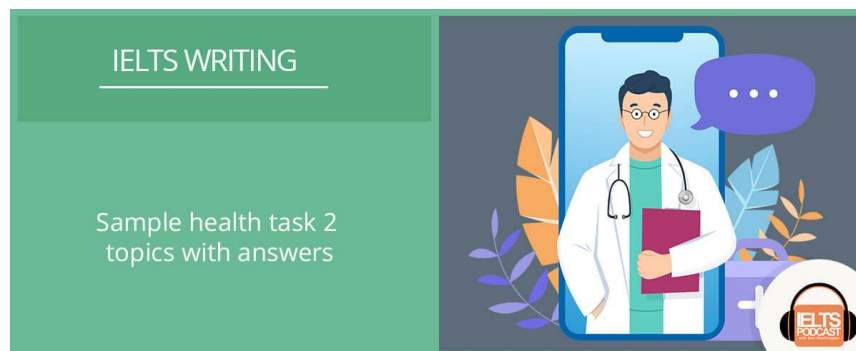
I don't know. I don't know, but it sounds realistic. Okay? So, that's body paragraph 1 and hopefully you heard me. I had to keep on redirecting myself, re-orientating myself to not talk about the solutions. I'm talking about the solutions in body paragraph 2 and I mentioned it before.



So, for the solutions, we can say rather than sending aid, governments could send money directly that could be invested in a farming agricultural program run by honest politicians and local stakeholders who can decide which are the best crops to develop. 2) They can send machinery to improve the productivity of their farming and 3) they could send expensive high-grade genetically modified seeds in order to improve production.

This was the case when the U.S. sent hybrid GMO modified soybeans to Vietnam in order to improve productivity and decrease the burden on food aid after the civil war. I don't know if that's true or not, but it's realistic. It's believable.

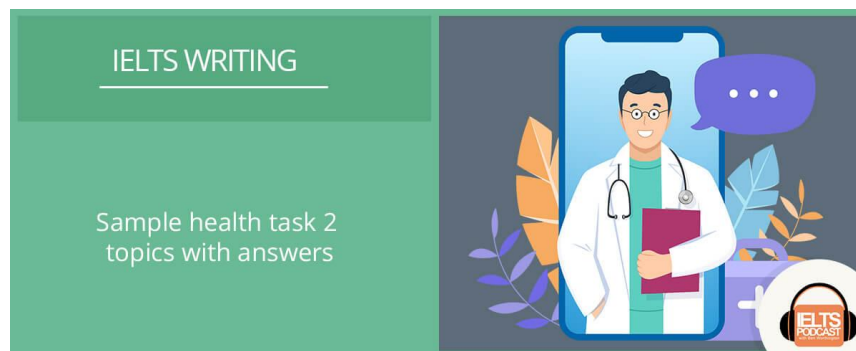
Personally, I'm not a big fan of GMO food, but it doesn't matter. I'm writing this essay to score points in the exam. I'm not writing it to persuade the examiner to eat or not eat GMO food.



That's not my war. That's not my battle. My battle is to get this exam passed. So, I'm going to write anything down that helps me pick up points and helps me communicate a clear argument.

So, there we go. Pretty much done it. All the causes in body paragraph one: why hunger is still an issue despite receiving aid. Body paragraph two: solutions. Clear cut. Introduction and conclusion will be a summary of both of those straightforward.

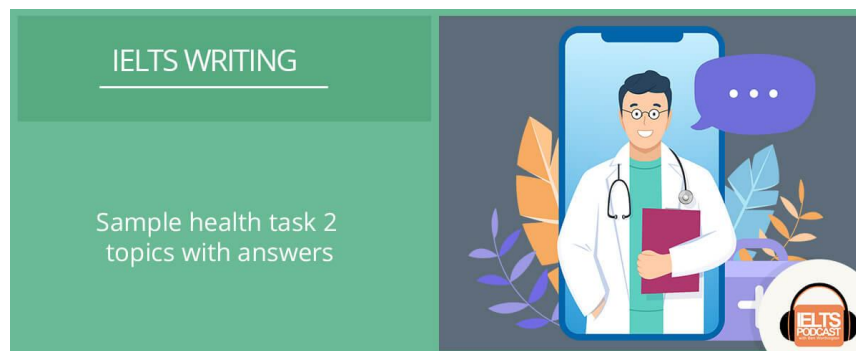
2) Compared to the past, more younger adults take medications for degenerative diseases. Provide specific reasons and examples to support your answer. It's not very easy in my honest opinion. So, let's see. Compared to the past... So, we have to compare. So, some useful conjunctions here are whereas or while or in comparison to. All of these are going to be expected if we're answering the question compared to the past.



Right then. So, reasons. Body paragraph one: reasons. Modern technology. I could say younger adults are taking more medications nowadays largely because of 1) job stress. Modern technology-- let's see-- the modern environment and the internet. So, let's break it down a little bit further. I'm going to talk about mental stress because I can easily develop this one in body paragraph one and then in body paragraph two, I'll probably talk about technology.

So body paragraph one: modern stress. People are working longer hours more than ever. Inflation is making life harder for people. Job security has been slowly eroded over the last 20 years, so employees are in a more precarious situation than ever before and finally, a lot of workers have student loan debt which only adds to the stress.

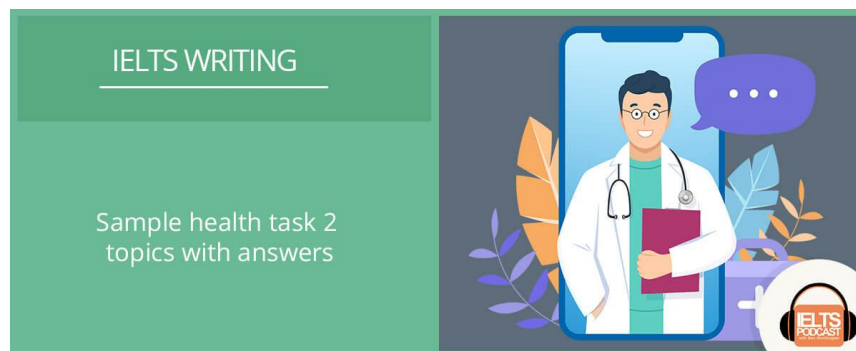
So, I've got four reasons there and I would probably just list them and then maybe develop each one or develop one or two in more detail with an example afterwards, but the main point I want to communicate here is that body paragraph one is all about mental health and this is why-- let's



see. Take medications for degenerative diseases. So, I believe or it is believed is probably a better way to say it. It is believed that the modern situation and the negative effects it has on mental health is causing an increase in degenerative diseases and this is why more younger adults are taking medication compared to the past.

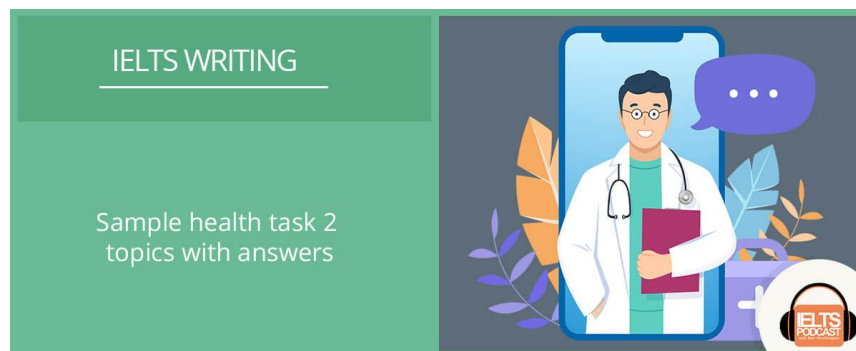
So, I have to get in there-- into that essay that final sentence that you just heard otherwise I'll be writing all about mental health which is not the direction. So, I just need to definitely link those two together, link my ideas make it a whole coherent essay and we're good. We're golden.

Body paragraph two, I'm going to talk about younger adults take more medication compared to previous generations for degenerative diseases because of modern technology. Modern technology has been proven to negatively impact stress which is a major cause of degenerative diseases.



I'm talking about mental health again, but I can back it up with my studies. So, I'll say for example social media has been proven to have a negative effect on stress which is a key factor for degenerative diseases. Furthermore, modern technology such as smartphones and laptops and all the radiation and electromagnetic exposure has also been proven to be a major factor in the increase in degenerative diseases.

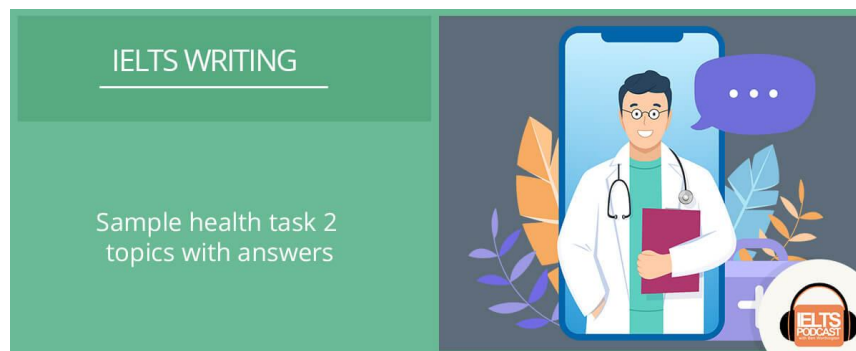
I don't know if that's entirely true, but I'm going to prove it in the essay. I'm going to write about it in a clear coherent way, in a confident way. And again, I'm not getting points for my knowledge on degenerative diseases. I will be picking up points for writing a strong coherent impressive essay that's well-structured, that's got linking devices all the way through and that's going to be clear and it's going to score points for task response because I keep on going back to the point of medications and degenerative diseases.



Fair enough I'm talking about stress and talking about mental health, but if I link it to an increase in degenerative diseases, it's all fine. So, I've got my two body paragraphs there and as you've heard me say before, once we've got those in place, the conclusion and the introduction will largely take care of themselves.

Final essay that we're going to talk about today: in your opinion, what do you think are the factors that contribute to longevity? List some examples and reasons to support your answer. Quite straight forward here. Body paragraph one: factors that contribute to longevity are health, obviously. So, let's go a little bit more specific.

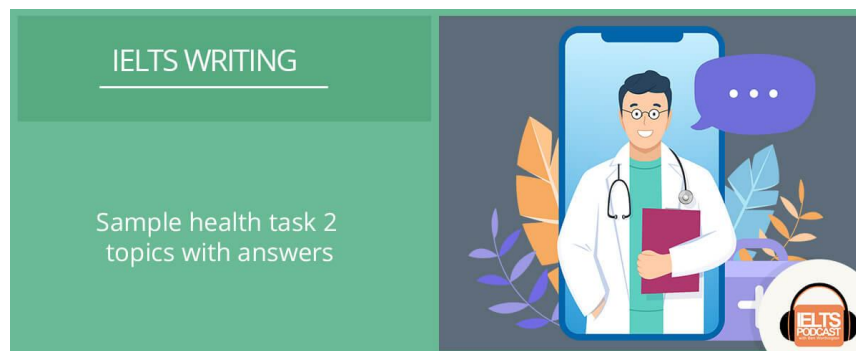
I'm going to say exercise for body paragraph one. A healthy lifestyle because then I can talk about exercise and I can talk about diet and I'll probably talk about sleep as well. So, those three factors and I can easily develop those. Studies showed that senior citizens who exercised for over



20 minutes a day had a 30% higher life expectancy than those who did not partake in any exercise.

So, there again some more vocabulary: life expectancy. I'm talking about senior citizens because it's rude to talk about old people. We have to say seniors or the elderly. Those little bits of knowledge that you pick up when you're writing about this and you're getting your feedback you know you start to realize that oh-- or your tutor tells you can't use old. That's rude. Use these alternatives like I just suggested.

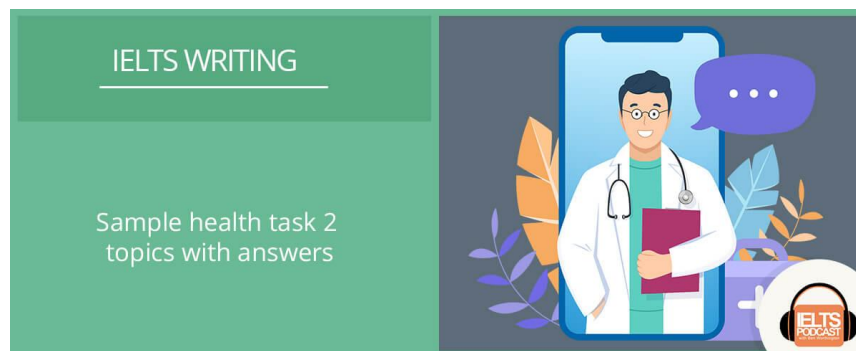
So body paragraph one, I'm talking about a healthy lifestyle. Body paragraph two, I'm going to talk about technology. Why? Because personally, I am a fan of technology and I can easily bend this topic around. Practically any topic, actually. I can bend technology into health, I can bend it into crime, maybe I can bend it into finance.



In this case, I'm going to say technology is a major factor why people are living longer. For example, heart monitors and glucose measuring devices have drastically fallen in cost making them more widely available. This has helped people have a better idea of their health and of their vital measurements so to speak.

I could even say technology has also reduced common causes of death. For example, the braking technology in cars has increased tenfold since the 1970s therefore making the roads safer and allowing people to live for a longer period on earth or to live for a longer amount of time. I can easily develop that and give examples of why technology, in this case braking technology, has reduced deaths allowing more people to live a longer life.

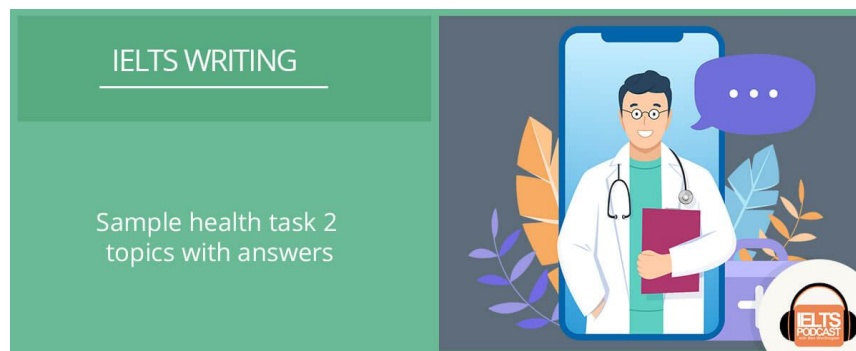
There we go. Body paragraph one: healthy lifestyle. Body paragraph two: technology. And again, this is like me verbally brainstorming my ideas. Once I've brainstormed all of these and I've got it in bullet points, all I have to do is drop it into a decent framework that helps me



connect it all together, forces me to coherently connect it all together. Then I'll send it in to my tutor the ex-IELTS examiner, not me personally. I'm just talking if I was a student on the course, the tutor would give feedback saying this vocabulary is amazing or well done, you've improved a lot since the last essay. However, this vocabulary you need to improve or you can't use this phrase. Here's your essay back. Keep going and here's your next question.

When you get that momentum, you start improving faster and it becomes easier and that's the whole process with the online course. That's what we're aiming for; to improve your work, to help you improve your essay writing and to help you get past band 7 or higher. Our ex IELTS examiners obviously native English speakers can help you get there.

That's it from me today. Please get in contact if you need more guidance, if you need more help. We are here. We've got lots of students passing the exam every single week and we just want to help you as well. So, you can do this. You have got the intelligence. You've learned your own



language. You probably learned medicine. You probably emigrated. You've got all these amazing qualities that the average person has never done. Maybe they've never lived abroad. Maybe they've never had the ambition to go study abroad. So, if you've got the ambition, you've got half of the problem solved. You just need to apply that ambition and get that guidance and that's why we are here to help you get that final grade and move on in life.

So, good luck with your IELTS preparation and I really do wish you a fantastic confident IELTS exam. All the best.

[Music]

Female Speaker: Thanks for listening to ieltspodcast.com