



Food and Eating Habits

Essay planning bank: healthy school meals

Exam-style essay task

Your class has recently discussed whether schools should only sell healthy food. Your teacher has asked you to write an essay giving your opinion about this topic.

In your essay, you should discuss both sides of the argument and give your own view.

Here are some comments from students to help you:

'Healthy food helps students concentrate.'

'It could improve long-term habits.'

'Students should be allowed to choose.'

'Healthy meals can be expensive.'

Now write an essay for your teacher.

The comments may give you some ideas, and you should also use ideas of your own.

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: school food can affect students' energy and concentration Issue: whether schools should limit food choices to healthy options My overall view:	☐ Recently,... ☐ The question is whether... ☐ I believe that...
Argument in favour	Idea: healthy food can help students concentrate Reason / example: Extra idea: it may improve long-term eating habits Detail / example:	☐ One clear benefit is... ☐ As a result,... ☐ This could help...
Argument against	Concern: students may want more choice Why / effect: Extra point: Possible balance:	☐ A possible concern is... ☐ Even so,... ☐ This might mean that...
My view	My opinion: Best solution: schools should offer mainly healthy food while keeping some affordable choices Reason:	☐ In my opinion,... ☐ A balanced solution would be... ☐ This would allow...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ For these reasons,... ☐ The most sensible view is...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

[illegible]



Food and Eating Habits

Essay planning bank: cooking lessons

Exam-style essay task

Your class has recently discussed whether all students should learn to cook at school. Your teacher has asked you to write an essay giving your opinion about this topic.

In your essay, you should discuss both sides of the argument and give your own view.

Here are some comments from students to help you:

'Cooking is a useful life skill.'

'There is not enough time in the timetable.'

'It helps people eat more healthily.'

'Some students already cook at home.'

Now write an essay for your teacher.

The comments may give you some ideas, and you should also use ideas of your own.

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: cooking is connected to independence, health and daily life Issue: whether it should be taught to every student My overall view:	☐ Some people believe... ☐ This essay will consider... ☐ In my view,...
Argument in favour	Idea: cooking is a useful life skill Reason / example: Extra idea: it can help people make healthier choices Detail / example:	☐ One argument in favour is... ☐ For example,... ☐ This means that...
Argument against	Concern: there may not be enough timetable space Why / effect: Extra point: Possible balance:	☐ On the other hand,... ☐ However,... ☐ This can lead to...
My view	My opinion: Best solution: schools should teach basic cooking skills through short practical units Reason:	☐ I partly agree because... ☐ The best approach would be... ☐ Instead of...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ Therefore,... ☐ To conclude,...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

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Food and Eating Habits

Essay planning bank: fast food

Exam-style essay task

Your class has recently discussed whether teenagers eat too much fast food. Your teacher has asked you to write an essay giving your opinion about this topic.

In your essay, you should discuss both sides of the argument and give your own view.

Here are some comments from students to help you:

'Fast food is quick and convenient.'

'It is a cheap way to meet friends.'

'It can be unhealthy if eaten too often.'

'Teenagers need better options nearby.'

Now write an essay for your teacher.

The comments may give you some ideas, and you should also use ideas of your own.

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: fast food is popular because it is quick and easy to buy Issue: whether teenagers rely on it too much My overall view:	☐ Recently,... ☐ The question is whether... ☐ I believe that...
Argument in favour	Idea: fast food can be convenient for busy students Reason / example: Extra idea: it may be a cheap way to socialise Detail / example:	☐ One clear benefit is... ☐ As a result,... ☐ This could help...
Argument against	Concern: it can be unhealthy if eaten too often Why / effect: Extra point: Possible balance:	☐ A possible concern is... ☐ Even so,... ☐ This might mean that...
My view	My opinion: Best solution: teenagers should have access to affordable healthier options Reason:	☐ In my opinion,... ☐ A balanced solution would be... ☐ This would allow...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ For these reasons,... ☐ The most sensible view is...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

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Food and Eating Habits

Essay planning bank: eating together

Exam-style essay task

Your class has recently discussed whether eating together is important for young people. Your teacher has asked you to write an essay giving your opinion about this topic.

In your essay, you should discuss both sides of the argument and give your own view.

Here are some comments from students to help you:

'Meals are a chance to talk.'

'It helps people build relationships.'

'Everyone is too busy.'

'Some people prefer eating alone.'

Now write an essay for your teacher.

The comments may give you some ideas, and you should also use ideas of your own.

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: mealtimes can be social as well as practical Issue: whether eating together still matters to young people My overall view:	☐ Some people believe... ☐ This essay will consider... ☐ In my view,...
Argument in favour	Idea: shared meals can give people time to talk Reason / example: Extra idea: they may help build stronger relationships Detail / example:	☐ One argument in favour is... ☐ For example,... ☐ This means that...
Argument against	Concern: busy schedules can make shared meals difficult Why / effect: Extra point: Possible balance:	☐ On the other hand,... ☐ However,... ☐ This can lead to...
My view	My opinion: Best solution: people should try to eat together sometimes without making it a strict rule Reason:	☐ I partly agree because... ☐ The best approach would be... ☐ Instead of...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ Therefore,... ☐ To conclude,...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

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