



WRITING TASK 1

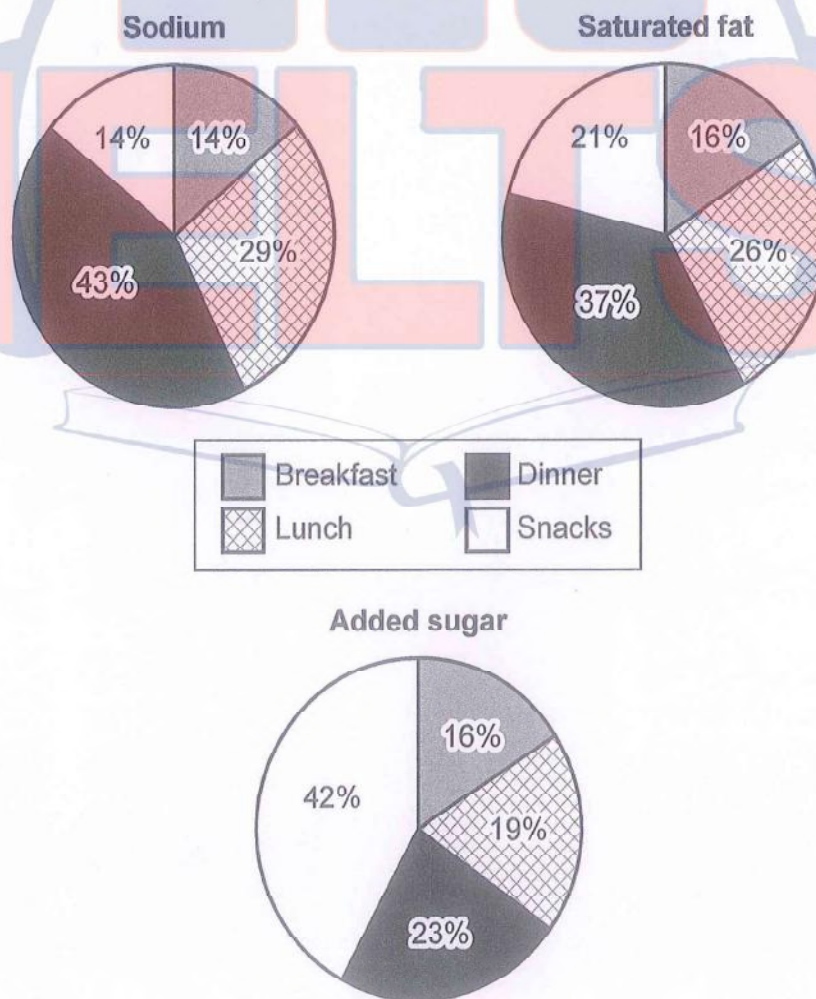
You should spend about 20 minutes on this task.

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



WRITING TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

Some people believe that it is best to accept a bad situation, such as an unsatisfactory job or shortage of money. Others argue that it is better to try and improve such situations.

Discuss both these views and give your own opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

