

C1 Advanced (CAE) - Essay

Part 1

You **must** answer this question. Write your answer in **220-260 words** in an appropriate style.

You have recently had a class discussion about the importance of encouraging healthy eating habits in children. You have made the notes below.

How can healthy eating habits be encouraged in children?

- School
- Parents
- Media

Some opinions expressed in the discussion:

"School lunches should contain more healthy options."

"The main responsibility of healthy eating lies with children's primary care-givers."

"Even if children eat healthy food at home, advertisements for fast food and sugary food are impossible to avoid."

Write an essay discussing two of the ideas from your notes. You should explain which option you would recommend, providing reasons to support your answer.

You may, if you wish, make use of the opinions expressed in the discussion, but you should use your own words as far as possible.

EXAMPLE ANSWER

The importance of encouraging healthy eating habits in children is a topic that has been widely discussed and debated. Two of the main suggestions made in the discussion were the role of schools and parents in promoting healthy eating.

Schools play a crucial role in the development of children and their eating habits. By providing nutritious options in the school cafeteria, schools can help children make healthy food choices. As mentioned in the discussion, it is important that school lunches contain more healthy options, such as fruit, vegetables, and whole grain products. Additionally, schools can also teach children about the benefits of healthy eating and the importance of a balanced diet through lessons and educational programs.

Conversely, many believe that the primary responsibility of healthy eating lies with the parents. Children's early years are critical in developing their eating habits, and parents play a key role in setting the foundation for healthy eating behaviours. When they prepare children healthy meals at home, parents can encourage their children to develop a positive relationship with food and adopt healthy eating habits. Furthermore, parents can also model healthy eating behaviours and lead by example, which can have a positive impact on their children.

In conclusion, in light of the above, parents are the most effective in promoting healthy eating. The early years are critical in shaping a child's eating habits, and parents have the power to set the foundation for a lifetime of healthy eating.