

In many countries, traditional foods are being replaced by international fast foods. This is having a negative effect on both families and societies. To what extent do you agree or disagree with this opinion?

You should utilize your own ideas, knowledge, and experience, and support your opinions with relevant examples.

*You should write at least **250** words.*

In many countries, traditional food is being replaced - Band 8 IELTS model essay

The consumption of fast foods currently outpaces the consumption of homemade bread. It is considered that eating such foods has a devastating impact on everyone involved, from the individual to the entire society. I fully concur with this idea. The limitations of readily available edibles will be discussed in this article along with appropriate references.

Starting with the detrimental consequences that this type of food has on people are major health issues. Elaborating on it, it is frequently discovered that such ingested items are the cause of major health issues like heart attacks because extravagant fatty product deposits are detected in the arteries. For instance, it can be seen that older people who prefer to digest precooked foods experience less weight and chest trouble than those who follow the old diets.

Stating about youth, intake of fast food immediately creates a pattern where children start to gain fat and end up being stout. This is due to the high fat and carbohydrate content of these components, lowering the effectiveness of the work being done. Also, the garbage generated from the stalls and the packages of these food items imply gyrating soil pollution, which proves several demerits of the change occurring in the current scenario.

To conclude, changing priorities in food choices as a cause of new installments in place of traditional food items has implied more disadvantages than benefits. Although it is a way to explore food and reduce time, it is quite harmful to the health of people belonging to different parts of society which is considered a very crucial part of life.

In many countries, traditional food is being replaced - Band 7.5 IELTS model essay

The younger generation today is eager to choose fast food over their own local cuisine. Actually, it has a severe impact on communities and families as well. Indeed, I think that it has a substantial effect on our society as a whole. Both aspects are elaborated in upcoming passages.

On one hand, a balanced combination of several nutrients can be found in native foods. This is because real fats, like butter or lard, should be used for cooking rather than vegetable oil. The family can also enjoy eating meals together, which strengthens their bonds. Traditional food is definitely beneficial to our relationships and health. It can be claimed that none of these things will occur in the upcoming year due to the steady disappearance of both local dishes and those precise recipes. We, humans, are capable enough to know about our boundaries. Overeating is not a common scenario but even those who are witnessing it, are recommended to have control over their eating habits.

On the other hand, fast food is linked to a number of ailments, including obesity. This fact is proven as fast food is always the diet that health experts least frequently recommend. For instance, fast food like pizzas and burgers has a lot of fat and numerous calories, which might cause issues with becoming overweight. Following the fact that eating junk food will have an impact on every single person, the number of sick people in our society will rise as a major consequence.

To conclude, health problems have a major detrimental impact on families and societies as a whole. However, dining together as a family will improve relations among family members.

In many countries, traditional food is being replaced - Band 7 IELTS model essay

Many people today think that high-sugar foods are replacing traditional cuisine all throughout the world as they are being supplied. I thoroughly agree with the claim, and I'll convey my opinions about it in this essay.

At first, the ancient traditional culture, which is intimately linked to their food, is being impacted by their adulterated goods. In other words, the culture where a number of families gather during special occasions includes the act of making traditional cuisine. Even though it takes an hour to make the traditional foods, the members develop a special bond during the process. However, because these methods take time, the current generation favors junk food. These erode their connection to a family member and ultimately to society. Younger children now order treats online. Despite the fact that taste remains the same, there is no opportunity for the family to sit together. As a result, families are suffering because of junk food.

Secondly, the impunity of the person is much reduced nevertheless, as the contemporary age favors junk food over these healthy foods. Briefing it, as medical technology is far less evolved in past times, our ancestors used natural components from ancestral foods to treat illnesses. However, since the younger generation favors junk food over healthy foods, there is much less room for individual freedom.

In conclusion, when traditional skills deteriorate, the bonds that bind communities will also suffer. Additionally, the immunity of each person is reduced, and these junk foods are adversely influencing the entire population by gradually replacing their traditional dietary sources.

In many countries, traditional food is being replaced - Band 6.5 IELTS model essay

It's widely known that the international reach of snacks or ready meals negatively affects households, individuals, and societies overall. Despite some advantages, I believe fast food is actually a bad idea, and my opinion is justified in the following parts of this essay.

The benefits of fast food vary based on the general societal ethnicity. The acceptance of fast food is the most obvious indication that people appreciate it. Additionally, fast food is reasonably priced and, as its name implies, time efficient. The benefits are identical for families. Many working-class people lack the privilege of allowing parents to spend a lot of time and energy making a filling supper for their kids because they are too busy working at their jobs.

However, the consequences of fast food are worse. Illustrating it, Families are subject to the same health hazards, with the additional consideration that children are developing

potentially lifelong unhealthy behaviors. Fast food's high saturated fat composition has been connected to a range of disorders, notably diabetes and high blood pressure, according to research. Fast food also affects how energetic you feel every day. As local businesses lose money to these global conglomerates, which mostly benefit the already wealthy or foreign nationals, local communities also suffer as a result of the fast food industry's expansion. Such a hazardous demerit is not only a concern for societies and youth at present but can be a definite challenge arising in the economy as our future depends on today's youth.

To conclude, despite the economic and convenient advantages that fast food offers, the health risks should act as a major disincentive for nations wanting to support these companies.