

The growing number of overweight people is putting a strain on the health care system. Some people think that the best way to deal with this problem is to introduce more physical education lessons in school curriculum. To what extent do you agree?

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

You should write at least 250 words.

Growing number of overweight - Band 8 IELTS model essay

Obesity has emerged as a major concern in recent years. Some individuals feel that the rising number of overweight persons is straining the health care system and believe that the best approach to address this issue is to include physical education and exercises in the school curriculum.

To begin with, obesity is becoming a widespread problem for all individuals. In addition, education is the sole opportunity to reach youngsters and educate them that being overweight may lead to a variety of disorders, such as high blood pressure, diabetes, and heart-related conditions. A study revealed, for instance, that the majority of persons who suffer from ailments are overweight in comparison to others. Therefore, schools should emphasise the value of physical fitness.

Furthermore, education-related health care is always useful since it not only benefits children but also their parents by encouraging them to maintain a healthy lifestyle. In addition, students should engage in health-related activities. According to a survey, the majority of schools include physical education programmes on their schedule. Therefore, those studying courses and information are essential to keep them motivated.

However, I would not disregard the fact that it is hazardous to pupils. Due to the fact that physical education comprises fitness training, sports, and games, it may have resulted in bodily harm. If these activities are included in school, it will be their job to supervise each child. Therefore, institutions must be cautious when introducing this element to their curricula.

To conclude, although there is a risk to include health care in school, it is more beneficial as it gives appropriate cognition about healthy life, and inspires us to do exercise on a regular basis.

Growing number of overweight - Band 7.5 IELTS model essay

In recent times, health care has become more inevitable to survive in this unhealthy world. Some individuals fought and placed pressure on the healthcare system in response to the growing number of obese individuals, while others believed that the best approach to address this issue would be to include it in the school curriculum. I partially disagree with this statement, and my preference will be explained further.

To begin with, the increased intake of junk food is the primary cause of obesity and unhealthiness. In addition, children should be taught the negative impacts of junk food consumption. For instance, according to a survey, schools educate students on the significance of avoiding obesity and the negative effects it may have on the human body; as a result, teachers have seen changes in children's comprehension.

In addition, being overweight has distinct long-term effects on the human body. Moreover, if schools include healthcare in their curriculum, they will be able to educate children on the significance of health and the long-term benefits of exercise. For example, youngsters quickly comprehend what they are taught at school. Thus, by teaching the idea and encouraging physical activity, schools may help youngsters maintain their fitness.

However, I would not disregard the fact that many students are physically disabled, but they have to attend the class as a compulsion. If during any exercise or activity children will face struggle, then school would be responsible for that; as a result, they should not include healthcare in their schedule.

To conclude, despite the danger to pupils' health, schools should include healthcare in their curricula since it teaches them the value of health and activity, which is more advantageous for the children.

Growing number of overweight - Band 7 IELTS model essay

Nowadays, obesity is a growing issue that puts extra strain on the health care system. According to others, the main cause of the issue is a lack of physical exercise; thus, they advocate increasing the number of physical education classes in schools. I disagree with this statement to a major extent, and my explanation will be addressed further.

To begin with, a strong physical assertion has a favourable effect on cognitive abilities. Since some say that this practice is unnecessary, parents must consider their children's physical activity outside of school. For instance, a youngster may have health issues that prevent him from playing certain games. Therefore, schools cannot enforce their innovations if parents oppose them.

In addition, the most effective approach to combating obesity would include diet and nutrition. Government should consider introducing lessons on healthy eating in schools and implementing initiatives to boost the availability of nutritious food in schools. For example, the state may subsidise fruits and vegetables in school cafeterias to make them more accessible to youngsters. Therefore, children will be more receptive to lectures.

However, I would consider the fact that physical activity is essential to prevent diseases for a healthy lifestyle. Furthermore, introduction of physical education lessons in syllabus not only motivates children, but parents are also encouraged to choose healthy activities to set an example for children. In addition, these activities become part of children's life. Thus, it would be better if they add this subject in the curriculum.

To conclude, depict the fact that physical activity is essential for the body, better diet plan and healthy food will affect more than any activity.

Growing number of overweight - Band 6.5 IELTS model essay

The healthcare system is placed under greater strain. The number of individuals who are overweight is rising substantially each day. The majority of individuals believe that increasing the number of physical education programmes in schools is one solution to the problem. I partially disagree with this approach, and my preference will be discussed further.

To begin with, children understand the significance of physical fitness at a young age, and if the courses are mandated, they will include both practical and theoretical instruction. Emphasis on theoretical training will encourage young minds to pay attention to what they consume each day and how healthy it is for them. A youngster who learns the consequences of overeating and lack of exercise, for instance, will develop a long-term commitment to a healthy lifestyle.

Furthermore, a sedentary lifestyle is very harmful to our health, and youth is the ideal time to develop good exercise habits. Due to the fact that a lack of physical activity has been identified as the primary predictor of a variety of diseases, it is accountable for several types of cancer and obesity. Children are more adaptable than adults; thus, it makes sense to interfere in schools, since this would have the most influence.

However, exercise will curb the concern of rapidly growing obesity is not justified because, the primary cause for overweight is the increasing number of fast-food outlets, ignorance towards the negative implications of junk food on health is evident with every new outlet that is introduced in the market. Hence, instead of depending on school, they should focus on themselves.

To conclude, although it depends on pupils how much they consume junk-food, schools should add this curriculum as it is beneficial for students and for their parents as well.