

An opinion essay

Are video games a good way to keep fit?

Nowadays, many teenagers have got video consoles at home and they often like playing active video games. These are good for you for a number of reasons.

First of all, I think that active video games are a good way to keep fit. There are lots of different types of exercise you can do such as basketball, water-skiing and dance and, what's more, you can play them in the comfort of your own home. In my opinion, these games are fun and interactive because you can play them with friends and, if you play online, you don't need to be in the same place as your friend to play.

In addition, you can play them whenever you want. Some people think that it's better to do exercise outside in the fresh air. Although this is true, it's actually difficult to play outside when it's raining or very hot so video games are a good alternative.

To sum up, I believe that video games are a fun and social way to keep fit. I think they are a good option when you can't play outside and they might encourage people to do more exercise.

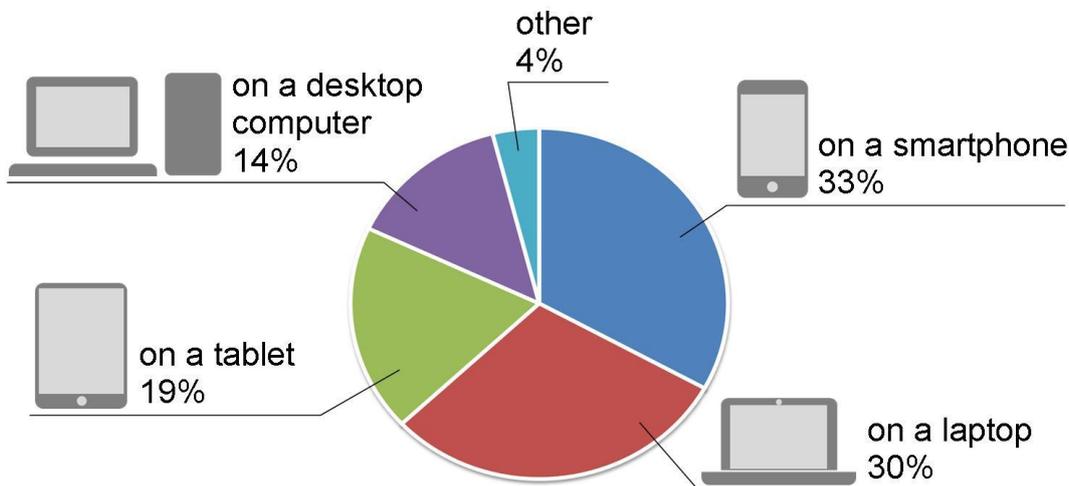
Top Tips for writing

1. Write your essay in clear paragraphs. Use phrases like *First of all*, *In addition* and *To sum up* to start each paragraph.
2. Express your own opinion using *I think*, *In my opinion* or *I believe*. Mention other viewpoints with phrases like *Some people think* and say whether you agree or disagree with them.

Exam question

The pie chart below illustrates how internet users aged 16+ prefer to access the internet at home and in other places.

Summarise the information in the pie chart by selecting and reporting the main features.



This graph shows the results of a survey in which people aged 16 and over were asked about their preferred devices for accessing the internet. The question referred to going online at home and in other places. Participants mentioned four main devices in their answers: a smartphone, a laptop, a tablet and a desktop computer.

From the pie chart it is clear that the majority of participants prefer to use smartphones and laptops, with just three per cent difference between the two. Nearly a third of participants prefer to go online with a smartphone. Thirty per cent like to use a laptop. A desktop computer accounts for fourteen per cent of users' preferred devices. Only a small minority prefer a device other than these main four.

In conclusion, since mobile and portable devices are the most popular choices, it is clear that many participants are accessing the internet outside their homes. The desktop computer is the least popular of the four main devices. In future, we can probably expect to see more and more people accessing the internet with smartphones as their preferred choice.

Top Tips for writing

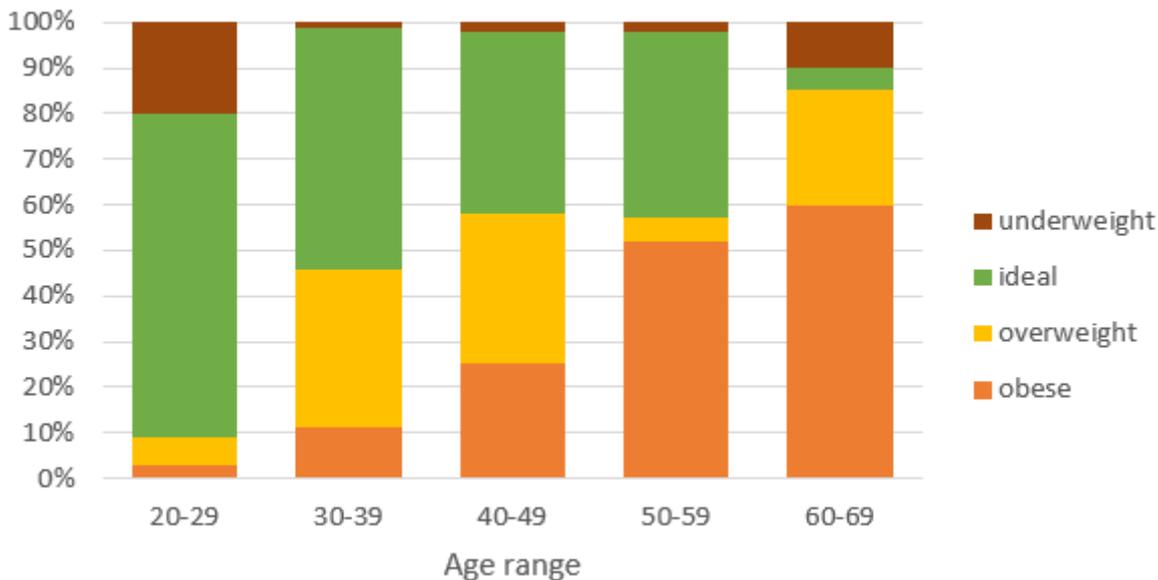
1. Start by saying exactly what the pie chart shows. Avoid copying words in the question – use other words with the same or similar meanings.

The charts summarise the weight measurements of people living in Charlestown in 1955 and 2015.

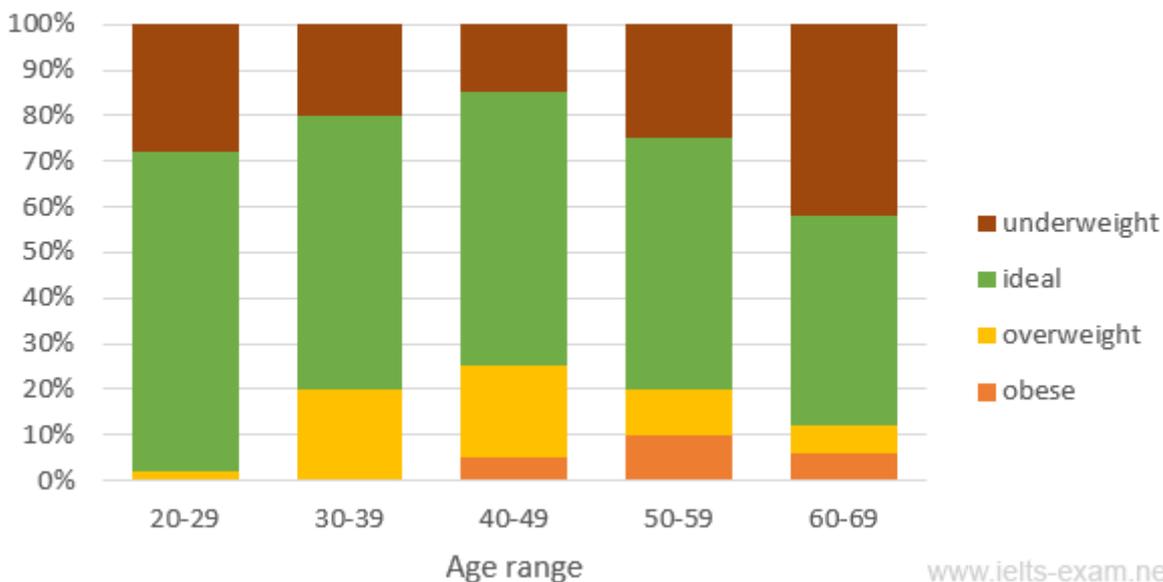
Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Write at least 150 words.

Weight assessment of inhabitants of Charlestown 2015



Weight assessment of inhabitants of Charlestown 1955



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The charts provide an analysis of the weight issues among the residents of the town of Charlestown in 1955 and in 2015.

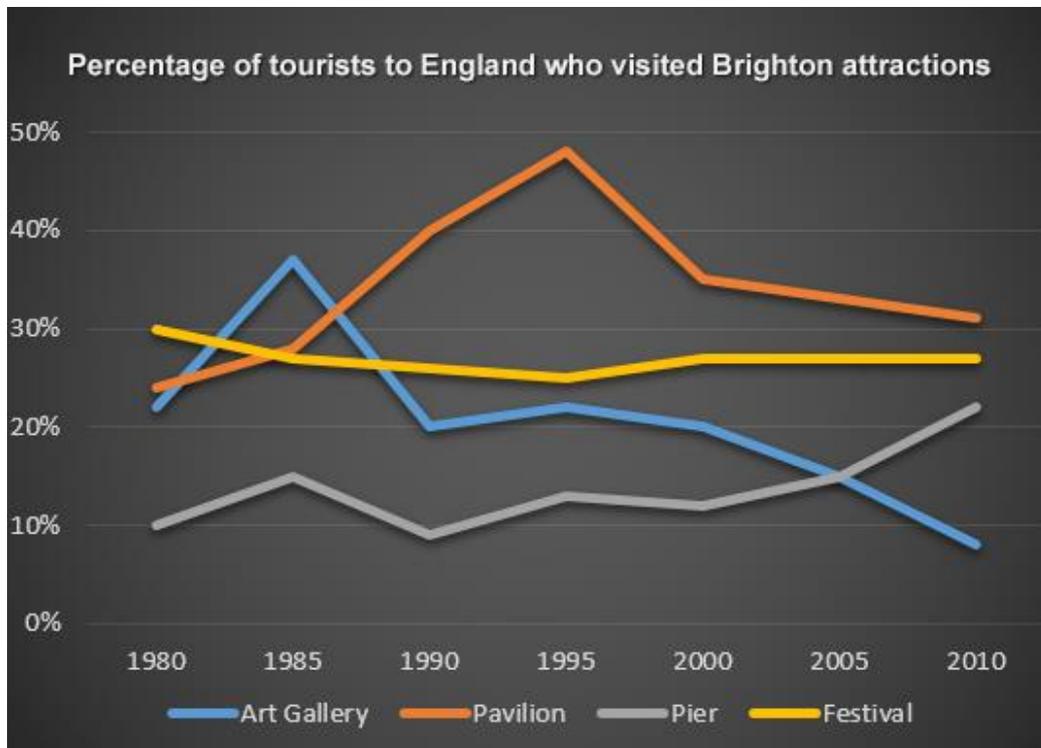
In 1955, the youngest age group had the fewest number / amount of weight issues, with more than 70% of 20-29-year-olds being assessed as having a healthy weight. In the same year, excess weight was only a significant

problem among 40-49-year-olds, 20-30% of whom were classified as either overweight or obese. In fact, being underweight was a more significant problem affecting more than twenty percent of each age group, and the elderly in particular, with 40% of the over 60s being classified as underweight. In stark contrast to this, in 2015, being underweight was only a problem among 20-29-year olds, with 20% obtaining this diagnosis, and the number of underweight elderly people had fallen by 10%. The charts clearly show that, in modern times, obesity poses a considerable problem from the age of 30 upwards. In fact, there was a steady increase in this problem in almost every age group over 29 until the age of 60, when the vast majority are considered to have an unhealthy weight. It is important to note that, by the age of 60, less than 50% of each age group was considered to have a perfect weight by the year 2015. This is a fall of 10% compared to the same age group in 1955. When comparing the two years, it is clear that there has been a significant increase in the number of obese people in Charlestown, and there was a general drop in the number of underweight people between 1955 and 2015.

The line graph below shows the percentage of tourists to England who visited four different attractions in Brighton.

Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Write at least 150 words.



Model answer

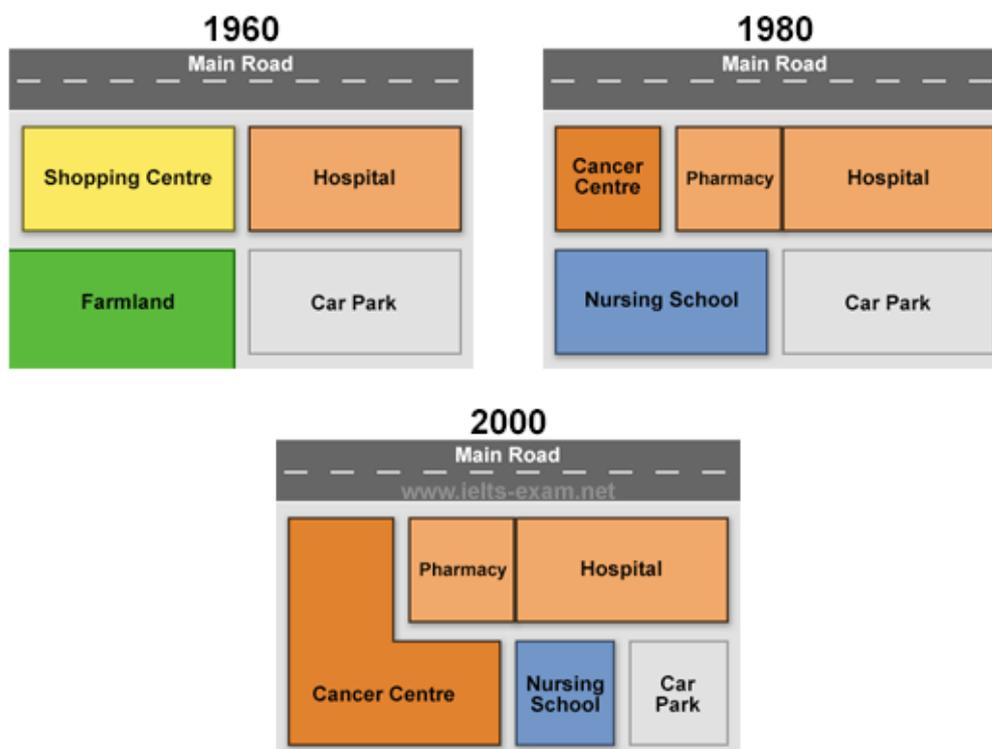
The line graph shows the percentage of tourists to England who visited certain Brighton attractions between 1980 and 2010. We can see that in 1980 and in

2010 the favourite attractions were the pavilion and the festival. In 1980 the least popular attraction was the pier but in 2010 this changed and the art gallery was the least popular.

During the 1980s and 1990s there was a sharp increase in visitors to the pavilion from 28% to 48% and then the percentage gradually went down to 31% in 2010. The trend for the art gallery was similar to the pavilion. Visitors increased rapidly from 22% to 37% from 1980 to 1985 then gradually decreased to less than 10% over the next twenty-five years. The number of tourists who visited the Brighton Festival fluctuated slightly but in general remained steady at about 25%. Visitors to the pier also fluctuated from 1980 to 2000 then rose significantly from 12% to 22% between 2000 and 2010. (163 words)

The diagrams below show the changes that have taken place at Queen Mary Hospital since its construction in 1960. Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Write at least 150 words.



Model answer

The diagrams show Queen Mary Hospital at three different stages in its development: 1960, 1980 and 2000.

In 1960, the hospital was built close to a main road and next to a shopping centre. A large area behind the hospital was turned into a car park, while the area behind the shopping centre was farmland.

By 1980, the shopping centre had been demolished in order to make way for two additional hospital building which became a pharmacy and a cancer

centre. Furthermore, the hospital gained the farmland and converted it into a nursing school.

In 2000, the main hospital building remained unchanged but the cancer centre was extended to cover the entire nursing school. As a result of this, the original car park was divided into two so that it provided a smaller car park and a small nursing school.

During this period, the hospital has increased in size and, in addition to a new nursing school, a cancer centre has been created and extended. Hence the capacity of the car park has been reduced by a half.