

WRITING TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

In some societies it is increasingly common to try to achieve good health and fitness through physically demanding sports, special diets, or preventative medicine conventional or alternative. Some people, however, believe that the best way to stay fit and healthy is simply to lead a normal life.

To what extent do you agree or disagree with this opinion?

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

Write at least 250 words.

Sample Answer

This answer would probably receive a **Band 5**.

These days, a lots of people try to exercise for good health. They regularly go to gym or enjoy running or take a preventative medicine. On the other hand, some people believe that the best way to stay fit and healthy is simply.

When I watch the television, I find a lots of diet or exercise program. I'm also interested in special diet and physical exercise. So, I do Yoga third a week, and I take a preventative medicine everyday. When my feeling is getting worse, I do Yoga. Yoga don't need to hard physical activity. After finished the Yoga, I was very tired but my feeling is getting better than before. Preventative medicine also very important. Although we eat vegetable and fruit, we can't absorb every nutrition.

If you extrimely exercise very hard, it's a problem. You can gain the musle but you can't relaxing to maintain your musle. And if you take a various of medicine, you'll become depend.

However I prefer physical exercise and take a preventative medicine. If you want to improve in your life, I recommend some physical exercise and take a some vitamin medicine. It helps maintain your good health.

Task Achievement

The writer's approach to the task is slightly indirect. Rather than dealing with the argument outlined in the rubric, the writer focuses on his/her own strategies and preferences for maintaining health. Examples are provided, as appropriate, and the writer does suggest arguments for and against taking dietary supplements, and against strenuous exercise. Overall, the focus of the answer in relation to this task is inappropriate, being more oriented to personal preferences than issues.

At 196 words, the response is under length.

Coherence and Cohesion

The text is suitably divided into paragraphs, and the writer uses some organising expressions, for example, *On the other hand* and *However*. The answer would have benefited from a greater use of these, as well as other devices for achieving text cohesion. For instance, the sentence *When I watch the television, I find a lots of diet or exercise program is followed by I'm also interested in special diet and physical exercise*. The link between the two could have been made overt by the use of pronouns or the avoidance of repetition. The underlying logic of the response is also slightly unclear. The writer concludes with the opinion that special exercise and preventative medicine are beneficial, but the preceding text does not lead seamlessly to this conclusion. If paragraph 2 and paragraph 3 had been in reverse order, the reader would have been better informed.

Lexical Resource

The writer generally uses words suitable for the task, though the range of words is not wide, and several words/phrases are repeated throughout.

Spelling is mainly correct.

Grammatical Range and Accuracy

There are a number of errors throughout the response, but these only occasionally cause a communication breakdown, as in *You can gain the muscle, but you can't relaxing to maintain your muscle*. Often the correct word is used, but in the wrong form, for example, *the best way to stay fit is ... simply or If you take a various of medicine ... you'll become depend*. Sometimes there are errors in simple sentences, such as *Preventative medicine also very important*, but at other times more complex structures are attempted successfully, for example, *It helps maintain your good health*.

Punctuation is largely correct.

Marks

This answer would probably receive a **Band 5**.