

Composition [Expository Writing]

Unit 1 Expository Essay

There are many eating places in Kuwait. Some of them serve healthy food, whereas others serve fast food.

Plan and write an essay of 12 sentences (140 words), showing the differences between eating places, with regard to the ingredients and ways of cooking.

Are people aware of what they are eating every day? A recent study showed that the proportion of people eating out regularly has increased dramatically. This rapid increase has made restaurants think more and more about their menus. Some restaurants serve fast food, whereas others serve healthy food.

McDonald, KFC and other similar fast food restaurants attract the young. Although their meals are not healthy, they appeal to most young people. Fast food is often made with cheaper ingredients such as high-fat meat, refined grains, added sugar and fats. The food is also cooked in hot oil. In addition, people often drink soda, which are high in sugar, when they eat fast food.

Because many people are now more aware of the detriment of fast food, some restaurants have started to meet the recent consumer demand for healthy options. This kind of restaurants serve dishes with nutritious ingredients such as lean meats, whole grains, fresh fruits, and vegetables. Even famous fast food chains have updated their menus to include healthier options. For example, some chains no longer serve foods with unsaturated fat, and many have menu items that contain fruits and vegetables. Some menus even have special items labeled as “light”.

We should be aware of what food we choose. It’s helpful to remember that with fast food, moderation is important. Having too much over a long period of time can lead to health problems such as high blood pressure, heart disease, and obesity.

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A sound mind is in a sound body. To have a healthy body, you should eat healthy food.

Plan and write an essay of 12 sentences (140 words) about the benefits of a balanced diet on our health.

Healthy eating doesn't mean avoiding the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood. You do not need to remove certain types of food from your diet, but you should select the healthiest options from each type.

A balanced diet should include protein to give you energy and support mood and cognitive function. Having a moderate amount of healthy fat is also necessary. You should stick to unsaturated fat as they can protect your brain and heart. A healthy diet mustn't lack fibre. Eating foods high in dietary fiber can help you protect your digestive system. It can also improve your skin and even help you to lose weight.

How to strengthen your bones? Whatever your age or gender, it's vital to include calcium-rich foods in your diet. Get enough magnesium and vitamins D and K to help calcium do its job. Not getting enough calcium in your diet can also contribute to anxiety, depression, and sleep difficulties. To make sure you get enough vitamins and minerals, add more fruit and vegetables to your diet. They are full of vitamins, minerals, antioxidants, and fiber.

Following a healthy diet doesn't have to be too complex. The crucial thing is to replace processed food with natural one.