

Fast food is a part of life in many places. Some people think this has bad effects in lifestyle and diets. Do you agree or disagree? Give reasons

Modernization **brings** (write: has brought; you are sort of giving 'news' here; so, use the present perfect) many benefits to **human's** (write: human life; the apostrophe is not required) life, (put a full stop or a semicolon here) at the same time it has **several drawbacks to our society** (write: caused several problems as well).

Remarks

The topic is about fast food. It is not about modernization. So, avoid making such references in the intro. Just rewrite the given question and express your opinion.

In this essay **will** (write: I will) discuss in detail, how instantly cooked food affects our lifestyle and diets. Some people **own** (did you mean to write 'do not'?) agree with my opinion, but I strongly believe that, it has direct impact.

Remarks

Your introduction should be something like this.

Thanks to modernization and the busy lifestyle, many people now subsist on fast food. In my opinion, this change in eating habits has a detrimental effect on people's health and lifestyle.

Or

A lot of people now consume fast food on a regular basis due to their hectic lifestyles. I fully agree with the argument that excessive consumption of fast food has a negative effect on people's health.

Compare my intro with what you have written.

Convenience foods or fast foods became part of our life, due to numerous factors like globalization, western cultural impact, **both the working partners in the family and many** (write: lack of time due to busy work schedules and so on). Usually this kind of readily cooked foods contains **less nutrients compare to level which required to** (write: fewer nutrients than is required) /less nutrition than is required) by our body.

Remarks

Write fewer with plural nouns – fewer nutrients

Write less with uncountable nouns – less nutrition

Usually, this kind of readily cooked foods contains less nutrition than is required by our body.

Moreover, many chemicals are added as tastemakers and preservative to these foods, (put a full stop here; your sentence has ended) Mono Sodium **Gluconate** (write: **Glutamate**) (MSG) is one of the best **example** (write: **examples**; use a plural noun after one of). Because of **addition of chemical and very less** (write: **of the addition of chemicals like preservatives and additives and the lack of adequate levels of nutrients**) nutrients, fast foods **affects** (write: **affect**; foods is a plural subject so write **affect**) our health physically and mentally. It is a proven fact that due to unbalanced diet cases of diabetes, blood pressure, heart attack and many different types of cancer **got** (**remove this**) steeply increased in **last** (write: **the last**; write the with **first, last, next** etc.) two decades.

At the same time, **few** (write: **a few people**) will argue that due to **current** (write: **the current**) busy schedule having fast foods in our regular diet is inevitable.

Remarks

Few means almost none. To talk about a small number of people, write 'a few'.

Since in most of the families both husband and wife **going** (write: **go**) to work, after spending long hours at work, once coming back to home, it is really difficult for them to go and purchase provisions and again spend more time for cooking. Instead, current technological growth **offers them can order food through mobile phones by one click with no time** (write: **allows them to order food online by clicking a few buttons on their mobile phone**). **Many started to say that current higher number of patients is not only because of fast foods , it's mainly due to inactive lifestyle.**

Remarks

Write:

Many people have also started claiming that the increase in health problems is more due to the inactive lifestyle than the consumption of fast food.

This is an agree or disagree essay. You believe that fast food is bad. That means you agree with the given argument. In this case, you should only mention the reasons why you agree. Clearly explain why you believe that fast food is bad for people's health and lifestyle. In the first body paragraph you can write about the health problems caused by fast food. In the second body paragraph you can write about the change in lifestyle. Points to include.

Cooking used to be an activity that often brought family members together. When they consume packaged food, this family time is lost. Also, people lose connect with their food when they consume pre-cooked meals. They do not even know the ingredients in their food. They are also forgetting the art of cooking.

In agree or disagree essays, discuss only the side you support. Do not write about the other side.

As a (write: **In**) conclusion, lack of time is not an acceptable excuse for not making nutritional and hygienic food at home. By seeing the effects of fast food caused in our society in terms of health and mental damages, let's not make instantly cooked food **as** (write: **a**) part of our life.

Remarks

Your conclusion should specifically answer the questions in the task rubric. Here you can write:

In conclusion, fast food is deficient in nutrients and at the same time it contains harmful preservatives; hence, I fully agree with the argument that its regular consumption is bad for people's health. Packaged meals are also making people forget the art of cooking and thus having a negative impact on their lifestyles.

Analysis

Both content and grammar need improvement. In agree or disagree essays, write only about the side you support.

Score:

TR: 6

CC: 7

GR: 6

LR: 7