Questions

- 1. What is your opinion on snacks between meals?
- 2. Is it healthy to eat snacks?
- 3. What kind of snacks do you like to eat?
- 4. What kind of snacks do children in your country like to eat now?
- 5. What was the most popular snack when you were young?
- 6. When do you usually eat snacks?

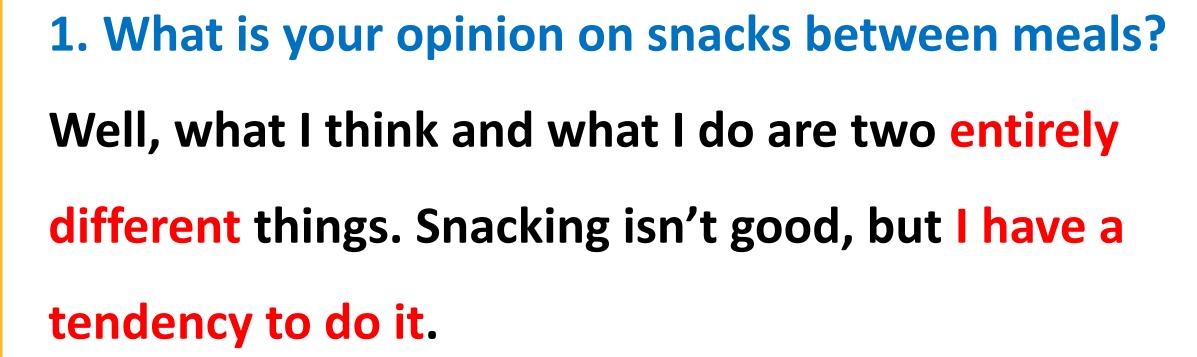


Our model answers teach you useful language and give you ideas. However, it is not a good idea to try and memorise them and repeat them in the IELTS exam.



entirely different = completely
different; not the same

I have a tendency to do it = I often/usually do it (to have a tendency to do something)







nutritious = healthy and good for
you

a piece of fruit = fruit is uncountable

if you are snacking on = if you are eating (to snack on = to eat between meals)

junk food = fast food

processed food = made using
artificial ingredients; the food has
gone through a process



2. Is it healthy to eat snacks?

I guess it depends on the snack. If it is something nutritious like a piece of fruit, then yes, but if you are snacking on junk food or processed food, then no.



Anything I can get my hands on = anything I can find

I am addicted to = I am obsessed with; I can't stop (eating...)

sugary foods = sweet foods

I have a sweet tooth = I love sweet things more than savoury things

candies = sweets



3. What kind of snacks do you like to eat?

Anything I can get my hands on! I am addicted to sugary foods because I have a sweet tooth so anything sweet like chocolate or candies.



stuff = things

to consume = to eat

far = much/many

carbs = carbohydrates

previous generations = older people



like to eat now?

All the unhealthy stuff such as crisps (chips) and sugary snacks. The younger generation consume far more carbs than previous generations.





I'm not entirely sure = I don't know

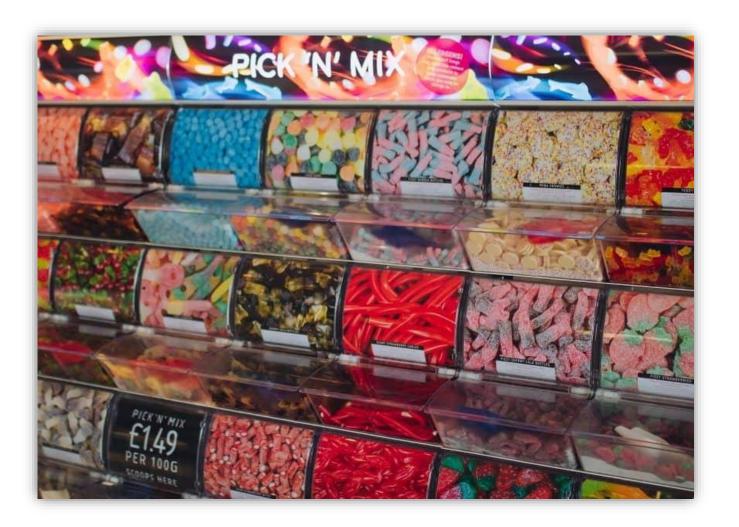
mates (informal) = friends

pick 'n' mix = sweets/candies sold
by weight



5. What was the most popular snack when you were young?

Oh, I'm not entirely sure. Me and my mates used to get pick 'n' mix sweets because they were far cheaper than they are now.



Generally = usually

a treat/a reward = something nice you give someone or yourself

to promise yourself = to say to yourself 'I will do this'

motivation = something that causes you to do something

6. When do you usually eat snacks?

Generally, when I'm bored or as a treat. So, for example, if I have an essay to write, I'll promise myself a reward if I write 100 words. I use snacks as motivation.



