

Prepare for {IELTS}

Describe an article about health that you read in a magazine or on the internet

You should say:

- What it was
- When and where you read it
- Why you read it
- And explain how you felt about it

It was quite tricky to decide what to talk about because to be perfectly honest, I can't remember the last time I read a magazine and nothing immediately came to mind then I suddenly remembered reading an article on the BBC News website about veganism so I've decided to talk about that particular text.

I can't remember precisely when it was because I have a terrible memory for dates, but it was a couple of weeks back when I was trying to read more things in English to help me prepare for this IELTS exam. I was attracted to the article because of the image and the headline. It said something like 'McDonald's latest fast food chain to join vegan craze'. Apparently, in the UK, many people turn vegan in January and they call it 'Veganuary'. I am a foodie and am not keen on restaurant chains like McDonald's but I was interested to find out more about this diet craze because I strongly believe that in the future more people will follow plant-based diets.

According to the article there has been an 80% uplift in the number of customers ordering vegetarian options. Many organisations, whose names escape me sorry, said that they are hoping that this move by McDonald's will help vegan foods to become/go mainstream*. In the past, it was tricky to find vegetarian options, let alone** vegan so hopefully other food outlets will follow suit***.

*to go/become mainstream =

Mainstream describes what's viewed by most people in a society as "normal," like the mainstream view that everyone should get married, move to the suburbs, and have children as soon as they can. Something that's mainstream is conventional, or the usual way of doing things

**let alone =

used to indicate that something is far less likely or suitable than something else already mentioned

***to follow suit =

To do the same thing as someone else

As for what I thought about it, well I found it quite thought-provoking and it made me think about my own diet choices and moreover, I enjoyed reading an article in English. It was fairly easy to follow and the images and graphics made it engaging and a good read. Oh, I think I may have forgotten to say where I read it, well, like I said, it was on the internet and I was commuting to work when I read it.