

In some countries people waste a lot of food which is bought in shops and restaurants. What do you think are the reasons? What can be done to solve this problem?

We all love to eat **on the go**. We buy snacks and **takeaway** food from different types of **vendors**. In restaurants the **tables groan** from the large servings placed before the guests. However, the rubbish bins are often filled to overflowing with the **leftovers** we leave behind. In this essay I will discuss why we waste so much food and offer some solutions.

Firstly, food is cheap. From the **ubiquitous** hamburger to a sit down dinner in a fancy diner we often are served much more than we can eat. Secondly, **our eyes are often bigger than our belly**. As we inhale the delicious aromas we might think we are as **hungry as a bear** and could **eat a horse**, so we order much too much food off the menu. So the **scraps** end up in the garbage.

How can we remedy this problem? In my opinion, food producers such as fast food operators should cut down on offering **supersize** meals, this could solve the waste problem and deal with the issues of obesity in some populations. In restaurants chefs could focus on **quality not quantity**. I would also suggest the we, the people, also have a moral responsibility to cut down on food waste, in countries like China it is customary for excess food to be taken home. So the next time your plate is overfull ask for a **doggy bag**.

To summarise, food waste is a serious problem and needs to be addressed in many ways. I would suggest one should consider what you buy and secondly take any extra food home to use for another meal.

By Dr Rob Burton

Vocabulary

on the go (idiom) – Constantly in motion, active, or working. I feel as if I need to always be on the go; life's too short to be idle.

takeaway (idiom - chiefly British - noun) – Food from a restaurant that is picked up and taken home or somewhere else to be eaten. As a noun, the phrase is usually hyphenated or spelled as one word. Primarily heard in UK. I don't feel like cooking tonight, do you want to just get a takeaway?

vendor (noun) - One that sells or vends something: a street vendor; a vendor of software products on the Web.

groan under the weight of (something) (idiom) - To be in danger of collapsing due to supporting someone or something that is too heavy. Come on, the shelves are practically groaning under the weight of all those books—can't we remove a few of them?

leftovers (adjective) - Remaining as an unused portion or amount. Put the leftovers in a doggy bag for me.

ubiquitous (adjective) - Being or seeming to be everywhere at the same time; omnipresent. KFC is ubiquitous in every city you visit.

(one's) eyes are bigger than (one's) belly (idiom) - One often takes or has taken more food than one is actually capable of eating. My eyes are always bigger than my belly when I go to all-you-can-eat buffets! Can't finish your meal, huh? I guess your eyes were bigger than your belly!

hungry as a bear (idiom and cliché) - Very hungry. I'm as hungry as a bear. I could eat anything! We'd better have a big meal ready by the time Tommy gets home; he's always hungry as a bear after soccer practice.

I could eat a horse (idiom) - I am extremely hungry. Often used in the expression "I'm so hungry I could eat a horse." When will dinner be ready? I'm so hungry I could eat a horse. After that hike, I could eat a horse.

scraps (noun) - Leftover bits of food. I'll take the scraps home with me, they will do for lunch tomorrow.

supersize (adjective) - To order (a portion of food) in the largest amount offered, especially at a fast-food restaurant. Yes please, I'll have the supersize meal deal.

quality not quantity (phrase) - Quality not quantity means it's more important to get good things rather than to get a lot of things of low or questionable quality.

doggy bag (idiom) - A paper or plastic container (not necessarily a bag) used to package the leftovers of a diner's meal at a restaurant so that they may take it home to eat later. The servings here are so huge that I always have to ask for a doggy bag at the end of the night!

范文解析：

这是一篇典型的社会生活类的报告型大作文。报告型大作文一般会提出“**what do you think causes this problems? What do we need to do to solve this problem?**”等需要考生就一个话题进行原因的探究以及提出解决办法的问题。所以在写这类大作文是，考生应注意回答问题时保持清晰的逻辑。正如此片范文，作者在主体段分段回答了两个问题。主体段 1 探究原因：列举 1-3 个原因且每一个原因写 1-2 个支持句；主体段 2 研究对策：列举 1-3 个对策且每一个对策写 1-2 个支持句。用这样的写作结构可以使文章脉络呈现给考官的更加清晰，也可以帮助自己在写作过程中理清思路。其次，作者在文章的撰写是运用了丰富的词汇和短语，并在文末标注出释义和例句，可供各位考生学习和拓展。报告型大作文的写作结构在启德 2018 雅思标准化教材的强化段第十课有详细的讲解和练习。其他的写作结构以及大作文类型和话题也会在标准化教材中有详细的讲解，如果大家想学习更多关于雅思写作的内容，欢迎大家来启德上课。



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