

Some people think that it is more beneficial to take part in sports which are played in teams, like football. While other people think that taking part in individual sports is better, like swimming. **Discuss both views and give your own opinion.**

Discuss the advantages and disadvantages

All essays the body paragraphs should be close to equal. The side that you agree with will probably be a little longer (1 – 2 sentences longer).

Although all ~~of the~~ people agree that doing sports is an effective way to ~~keep~~ **maintain good health**, they have different ~~ideas~~ **viewpoints** about whether team sports or individual sports are more beneficial. In my opinion, people should be encouraged more to take part in team sports because it has ~~more~~ **greater** advantages.

Try to make the paragraphs more equal – one is 5 lines, the other is 11 lines – 6 lines and 8 lines – that's ok – a little longer is fine.

~~I suppose~~ many people prefer individual sports because ~~it~~ **they** is easier to ~~keep~~ **on-up with** as a good habit. Since it is a personal activity, people can stick to their exercise ~~programs~~ **regiments** at their own **individual** pace. For example, they can go to the gymnasium or swimming pool regularly according to their own ~~calendar~~ **schedule** ~~but and needn't~~ **need not to** coordinate their time with ~~group sports~~ **others to play a group sport**, which have ~~less flexibility in schedule~~. Similarly, many individual sports are more convenient to join since they have less restrictions ~~of~~ **on site** and equipments. Compared with basketball, which needs a court ~~and ball~~ to play, ~~jogging is easier to start~~ **can be done almost anywhere and simply requires running shoes**. ~~This is the reason why many support individual sports over team sports.~~

However, there are many benefits that can only be gained from team sports. First of all, it creates more opportunities ~~for people~~ to make friends. People can run on a treadmill quietly at home but they have to go outside and communicate with others when they play football. As a team member, they should discuss strategies and cooperate with each other during the game. It gives them chance to know each other **better** and brings them closer together **as friends**. In addition, team sports tend to be more competitive and ~~inspiring~~ **motivating**, hence it is a practical way for people to better understand **their role in a team** work which is very important in ~~today's~~ **contemporary** society. Modern companies ~~always~~ **often** organize team sports for employees to build ~~their~~ trust with each other and ~~encourage~~ **strengthen** their determination to **cooperate and win-excel** as a team. In team sports, people need to form a ~~tacit~~ understanding ~~to~~ **with** their co-workers and support each other well, ~~and they also experience how to~~ **while learning to** persist ~~in-through~~ difficulties and use their intelligence to ~~break through in a stressful environment~~ **find novel solutions**. These are situations ~~that are transferrable and~~ often encountered in work.

Overall, I believe team sports benefit people more despite some limits ~~of-on~~ time and sites ~~to~~ **play**. It ~~should~~ **would** be better ~~if they were~~ organized and supported by companies and communities to provide more convenience to people to ~~encourage~~ participatione.

**Comment [Dave1]:** Discuss both views – so you can just write 1 advantage.

**Comment [Dave2]:** Plural – then you need 2

**Comment [Dave3]:** ~~Keep health~~ maintain good health / stay health / stay fit / stay in good shape / be healthy

**Comment [Dave4]:** Good comparative – complex grammar!

**Comment [Dave5]:** Clear opinion – excellent!

**Comment [Dave6]:** Plural referencing

**Comment [Dave7]:** maintain

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**Comment [Dave8]:** Good explanation – good vocabulary!

**Comment [Dave9]:** No contractions

**Comment [Dave10]:** Excellent example!

**Comment [Dave11]:** Good! You only need one – if you just want to focus on one then you can include that idea in your topic sentence: The main benefit that makes team sports preferable is how they strengthen interpersonal relationships among friends.

**Comment [Dave12]:** Ellipsis – cohesion/coherence

**Comment [Dave13]:** Good example!

**Comment [Dave14]:** Excellent – grammar is all very accurate.

**Comment [Dave15]:** If you want to, you can keep developing this idea.

**Comment [Dave16]:** Strong collocation

**Comment [Dave17]:** Almost never use 'always' 'will'

**Comment [Dave18]:** Great!

**Comment [Dave19]:** Summary is specific – good!

**Comment [Dave20]:** Excellent final thought!

Band 7

Nowadays, demand for food increased worldwide. Why are the causes of this increasing request? What can the international community do to meet the demand?

**Comment [Dave21]:** Not exactly hunger

**Comment [Dave22]:** Plural – 2 causes  
(developed countries, developing countries)

**Comment [Dave23]:** 1 or 2 solutions

A One phenomenon that deserves deep thinking that in today's world with increasingly advanced science and technology, hunger is not only eliminated but gets wider the demand for food and resultant hunger issues are becoming more extreme. This is a very complicated issue but I believe there are some underlying reasons can be seen clearly that can be clearly identified and remedied.

First of all, increased an increasing world's global population has leads to increased demand for food. In the last few decades, the number of people in the world has grown by several billion. In many countries, living standards has been greatly improved by modern science and technology, so people have longer life spans and less a reduced rate of mortality. On the other hand, in the areas where economies are still under development, people suffer from poverty but tend to have more children because of their old-fashioned traditional views thinking such as encourage a prefer preference for boys to girls since poorer families needs a larger labor force to for support. These factors contribute to a growing population growing and then cause increased food consumption. Other Another reason for food shortages is the degrading of agricultural land. Today's world's global economy is mainly based on conventional energy consumption such as fossil fuels. This can causes environment contamination such as water and soil pollution. The emission of green-house gases leads is contributing to global climate change and frequently causes natural disasters such as draughts and floods. All of these have posed a huge threat to agricultural production.

**Comment [Dave24]:** Unclear time in the past and still going on = present perfect

**Comment [Dave25]:** Clear easy topic sentence!

**Comment [Dave26]:** Good!

**Comment [Dave27]:** Developed – people live longer

**Comment [Dave28]:** Developing – traditional views

**Comment [Dave29]:** This is enough – really strong ideas – For example, in many developing countries, families will continue having children until they have at least one boy to carry on the family legacy and pass on their name to future generations.

**Comment [Dave30]:** This for referencing

**Comment [Dave31]:** Present simple because it is still true now

**Comment [Dave32]:** Excellent!

**Comment [Dave33]:** Delet this part because not really related to the question

**Comment [Dave34]:** Too informal for academic – takes up their responsibility – does their duty – plays a helping role

Therefore, methods should be taken considered in worldwide to address these problems. First of all, the governments of wealthy countries should encourage people to eliminate waste wherever possible. The international society organisations and governments should keep on provide aid to the poorer underdeveloped/vulnerable areas with not only food itself but also more advanced technology and education. Once everyone who has sense of responsibility realizes the seriousness of food shortages and does his bit, it will make huge meaningful/crucial contribution. Meanwhile, when when/as the balance is built between food supply and demand, the pressure can will be much eased. In addition, the international community should keep continue on paying attention prioritising to environmental protection. Despite new innovations in farming technology, agricultural production is still greatly influenced by natural conditions so such despite it is assisted by high technology now. New technology such as genetic modified food may be useful for increasing the yield, but there are widely debates about is security health effects.

In conclusion, I believe that with the combined efforts of the international world community, the reasons underlying causes of food shortages can be discovered mitigated by scientific researches, and the problem food shortage problems can be solved finally by appropriate approaches solved within the next several generations.

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