

# Model Essay

14. Do you agree or disagree with the following statement?

**Nowadays it is easier to maintain good health than in the past.**

Use specific reasons and examples to support your answer.

Currently, the average life expectancy is at an all-time high. Many factors have contributed to this, but the main reason people live longer now than ever before is because it is easier to live a healthier life than in the past.

The main reason people live longer now is that **the overall diet of modern society has improved**. This can be attributed to advances in **agricultural production**. Thanks to more efficient and cost-effective machinery and transportation, food is more abundant and cheaper now more than ever. Fruits, for example, are more readily available than before. In the past, summer fruits such as strawberries and oranges were not available during wintertime. Now, because of refrigeration and greenhouse technology, we can buy any kind of fruit, regardless of the season. This allows people to have a wider variety of vitamins in their diet, increasing their overall health.

In addition to the advance of agricultural science, there have been great advances in nutritional science. Scientists and dietitians understood more now than they did in the past about what is required in our daily diets. Issues like vitamin deficiency were not properly understood in the past, so people would have several complications (并发症) without understanding the cause or the cure. People also better understood what foods to avoid. For example in the past, gout was a serious problem among men, who did not understand that a diet of rich and oily foods with few vegetables was the cause of this health defect. Now, proper nutrition is common knowledge and each year advances are made in understanding health. We know more now, so it is easier for us to maintain our health.

Finally, it is easier to maintain our health now than in the past, because modern governments have established better systems of health and sanitation. In the past, aspects of the health system, like medical education and research, were not well organized. In the past, doctors received their degrees from institutions that all had varying requirements. Now there is a more established system of medical education,

including international standards and guidelines. Governments play a large part in implementing these standards. Another system of health regulation that government have established is sanitation. Before people understood the importance of proper waste disposal, cities were susceptible to devastating plagues. In modern times, through proper sewage systems, waste disposal and other health quarantine measures, governments have been able to effectively contain diseases and help save the lives of many people. These systems have made it easier to keep the general population safe and healthy.

With the advancement and development of food production, nutritional science, and government systems of health and sanitation have made it more possible than ever for people to lead long and healthy lives.

## 年轻人和老年人的对比

首先，年轻人本身特点：年轻，心理不成熟

现代：思想活跃，容易接受新鲜事物，流行文化

## 二选一话题结构设计

1. A好 B不好（可一边倒）
2. 分情况讨论

## 万能理由

- 效率便捷 (time, efficiency, convenience)
- 知识经验(knowledge, experience, awareness)
- 经济成本(money, cost)
- 环境健康(environment, health)
- 必要可行(necessity, feasibility)

# 时间对比类话题

- Life: 生活条件改善（有更多的时间进行精神文化生活），生活压力增大（父母没时间陪孩子，人际关系等）
- Education: 受教育人数增加，教学内容的变化（对于事物的认识）
- Culture: 传统文化（如上述从前的尊师重教），政策变化
- Technology（时过境迁的物质改变）
- Environment（健康, 环境变好了，生活质量）