

Diyorbek's channel. <https://t.me/crack9onIELTS>

Some people think everyone should be a vegetarian, because we do not need to eat meat to stay healthy. To what extent do you agree or disagree?

Recently, vegetarianism has become commonplace in many parts of the world with **an** increasing number of people **adapting choosing** this kind of lifestyle. While I agree that this practice is likely to benefit **the world around us**, I find it hard to believe that it is a wise choice for an individual to make to stay healthy.

There are a number of environmental advantages that make vegetarianism an attractive option for most people. As the population of the world is predicted to increase in the near future, there will be a great demand for meat-based products. In order to cater to the needs of **this** rising population, meat-producers will have to expand their businesses to make room for the cattle, which can **leave lead to** deforestation and loss of habitat for a large number of animals **in its wake**. In contrast, farmers growing vegetables and grains do not necessarily use too much space thanks to **the** modern methods of agriculture such as aquaponics and hydroponics. Also, growing plants requires far less energy and resources than **that of** raising cattle. Yet, these benefits do little to alleviate the problems the world is facing today.

Supporters of **the** vegetarian way of life argue that **a** plant-based diet may offer numerous health benefits. However, in my view, one needs to follow a balanced diet to be in good health. On the face of it, it may seem that **a** vegetarian diet is a healthier choice as it includes only vegetables, fruits and grains, but these products cannot always provide **a** sufficient amount of protein and iron, much-needed ingredients that human body needs to stay in shape. ~~Apparently~~ **Clearly**, embracing **a** plant-based lifestyle may not necessarily be **a** one-size-fits-all **solution to all** healthcare **problems**, for it does not take into consideration the biological needs of **the** human **organism body**.

In conclusion, leading a vegetarian life may well **minimize the harmful effects on the environment**, but **in my view**, humans are much better off **having consuming** a mixed and varied diet.

The yellow highlighted areas are not at all related to this question. This can have a big impact on your score, as the examiner may not be able to assess all of the vocabulary and language within this paragraph since it is off topic. In terms of grammar, you need to look at the problems with articles in particular and referencing. Your use of vocabulary is good: if this was a question about the link between a vegetarian diet and the environment, then your vocabulary score would be band 8. Your grammar is band 7.5 – you need to work on articles in particular. Your coherence and cohesion is good. You need to work on Task response and the minor grammar points I have indicated. Your task response here would likely be band 6.5. Again, use only authentic test questions for practice so that you can practice addressing the question fully and in a balanced way. Your conclusion should be a little longer – you should summarise the main points and then make your view clear – I suggest writing 2 sentences to achieve this.