话题： 传统饮食文化 vs. 全球化

In many countries, traditional foods are replaced by international fast foods. Some people think this is having a negative effect on both families and societies. To what extent do you agree or disagree with this opinion?

写作思路：

本题是道经典的议论文考题，讨论的是传统饮食被国际快餐取代这一现象对家庭和社会产生的影响。范文推荐的写作方向是侧重论证其产生的负面影响。

首段：

The increasing availability of international fast foods has been a significant feature of modern life. Some people, therefore, think it is inevitable that traditional foods are replaced. Generally, I believe this trend leads to undesirable consequences for both families and society as a whole.

让步段：

It is true that nowadays many people do not have enough time to cook and that fast foods present an attractive option.

With the process of cultural exchange and global economy, these foods have been improved significantly in terms of variety. It is easy to find foreign-branded fast foods chains within walking distance almost everywhere.

This explains why many families are **relying on** products from the fast food industry to take care of their meals **on a regular basis**.

立论段一：

Although eating processed foods and menu items from the fast food industry is often advertised as a fast way to satisfy people’s hunger, **developing a habit of having fast food products can be problematic to health**.

People who eat at fast food restaurants tend to underestimate their calorie intake**, and** most fast food meals contain high levels of added sugar, sodium, and trans fat etc. Thus, it is claimed that the fast food industry contributes to the obesity epidemic and generates health issues such as high blood pressure or even heart disease.

立论段二：

Another negative impact accompanied by an increasing prevalence of international fast foods is **the loss of culture and social values**.

Traditional foods are an important aspect of culture and social life. In regular family gatherings, traditional meals are shared with families. Important celebrations, such as weddings, Christmas, Thanksgiving, and Chinese New Year, are marked by traditionally prepared feasts. It is hard to imagine a world where people did not continue to have traditional home-cooked meals. Hence, in spite of the utility of fast foods, traditional foods and traditional methods of food preparation should be highly valued.

结尾段：

To conclude, there are times when a fast food meal can be the best option, but **being aware of the consequences for neglecting the role of traditional foods** is crucial.

重点词汇与语料：

the increasing availability of ......的日益普及

a significant feature of ......的显著特征

inevitable 不可避免的

lead to undesirable consequences for 对......导致不良后果

cultural exchange 文化交流

in terms of variety 就多样性而言

within walking distance 步行的距离

take care of 处理，应对

on a regular basis 经常地

processed foods 加工食品

be problematic to 对......产生问题

develop a habit of 养成......的习惯

high levels of added sugar, sodium, and trans fat 大量的添加糖、钠和反式脂肪

calorie intake 热量摄入

contribute to the obesity epidemic 导致肥胖症的流行

accompanied by an increasing prevalence of 伴随着......的普及

be marked by 以......为特征

traditionally prepared feasts 传统的宴席

traditional home-cooked meals 传统的家常便饭

the utility of ......的效用

option 选择

be aware of 意识到

neglect 忽略

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