

最后一段：解决办法

1句概述+2-3个解决办法，每个办法写1-2句

## 结构二：基本同对称式结构 4/3段

第一段：  
3句左右背景

0-2句过去+1-4句现在  
（其中有1句现在可以改  
写题目）

第二段：原因段

第三段：解决办法段

1句概述+3\*2

最后一段：0-3句  
说点儿别的

Nowadays, couples quarrel more often than they used to do. Brothers and sisters talk less and take less care of each other. Children turn less to their parents for advice. These scenes are just part of the whole picture of today's family alienation.

*As far as I am concerned, the following reasons should be taken into consideration. The first reason is that* people spend more time on their studies and work. Nowadays, people face fierce competition and suffer from great pressure. They are too busy to spare time for their family. *Another reason is that* there are more entertainment forms available. High technology brings modern people more interesting things which can easily attract their attention, such as watching TV, surfing the Internet or playing video games. *Last but not least,* people are now more independent than before. Apart from their family, they can easily get help from their friends and it is much easier to make more friends as a result of the rapid improvement in telecommunication.

To bring families closer, *people put forward various suggestions*. *Firstly*, we should spare more time with family members no matter how busy we are. Try to squeeze some time for a regular family dinner because dinner time is a perfect time and opportunity for people to exchange feelings and ideas. *Second*, teach children the sense of family when they are still young. When they are out, make sure that they call home regularly. *Finally*, it is the government's responsibility to organize activities to promote public awareness of the importance of a harmonious family relationship. The government should also give awards to some happy families in recognition of their striving for a better family relationship.



Family is the basic unit of a society and it plays a significant role in our lives. In order to enjoy a harmonious family life and maintain a stable society, we should make the efforts to create a close family relationship.

# 解释型题目

## 结构一PK结构二

一、所有的解释型题目都能使用结构一，极少数解释型题目（只问原因，没问解决办法的）不能使用结构二。

二、结构二比结构一  
好写

三、结构一+0.5

Topic:

In some countries the average weight of people is increasing and their levels of health and fitness are decreasing.

What do you think are the causes of these problems and what measures could be taken to solve them?

As some people in poor countries are vastly underweight as a result of poverty, others elsewhere in the world are suffering from another problem—obesity, as a consequence of improved living conditions. A recent study has shown the latter problem is becoming an epidemic, as the number of obese people keeps rising alarmingly. I believe there are several factors responsible for this increase.

The first reason is the poor diet. Nowadays people face fierce competition and suffer from great pressure and they have to devote more time and energy to their careers.

Consequently fast food has been gaining its popularity at an amazing rate. Although fast food is time-saving, it lacks nutritive value.

Medical researches reveal that eating too much fast food will result in excessive intake of calories, salt and sugar, which leads to overweight.

It is not only a question of what people eat, but also a matter of lifestyles. TV and the Internet have produced sedentary lifestyle. People who watch TV passively or use computers for hours every day simply do not get enough physical exercises. Besides, a growing number of people have come to rely on private cars, rather than walking or using bicycles. Lack of activity gradually contributes to overweight.



In view of the seriousness of the problem, effective measures must be taken before things get worse. In the first place, a proper diet consisting of more vegetables and fruit and fewer fatty foods may assist. In the second place, it is of great importance that people participate in different sports including running, walking, and cycling.

作业:

- 1.准备解释型题目模板1-2个
- 2.精读范文“家庭成员不亲密”和“肥胖”，背诵其中的一些句子
- 3.看“7周轻松突破雅思写作 拿7分”一书第二章“词汇短语和句型”，背诵其中的一些句子
- 4.看“雅思写作官方题库范文大全”一书各话题范文的中文译文