

ADVANTAGES & DISADVANTAGES ESSAY

TIPS ON HOW TO WRITE AN ADVANTAGES AND DISADVANTAGES ESSAY

1. Organise exactly what you are going to say before you write.
2. Make two lists- one of advantages, one of disadvantages.
3. Decide in what order you will mention the points.
4. Decide what to say in the introduction.
5. Decide what to say in the conclusion.
6. Use some of the following useful expressions for this type of composition:
 - one of the advantages/ disadvantages of ... is ...
 - there are advantages / disadvantages to
 - the (main) advantage/ disadvantage of ...is ...
 - the (main) drawback/ problem with ... is ...
 - a further advantage of ... is ...
 - another problem with ... is ...

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- **ADDITION:** In addition, Moreover, Furthermore, Besides
- **CONTRAST:** On the one hand, on the other hand, in contrast, however, on the contrary, . . .
- **SEQUENCING:** Firstly, First of all, Secondly, finally, . . .
- **CONSEQUENCE:** As a result, therefore, so, thus, . . .
- **CONCLUSION:** To sum up, In conclusion, On the whole, As we have said previously, all things considered, . . .

SAMPLE TEXTS

ADVANTAGES & DISADVANTAGES OF EATING FAST FOOD

A type of food that can be prepared and served quickly suits perfectly into the fast paced life we lead nowadays. Its widespread popularity can be seen not just among teenagers, but also among working individuals. However, it does not mean that eating fast food does not have its pros and cons.

On the one hand, one of the most evident advantages of fast food is that it saves time, not only the cooking time but also the one you spend to go to the supermarket and get the ingredients. Moreover, it also makes you save money, above all people who live alone since they avoid throwing away so much food. It is also true that certain kind of fast food is quite cheap too.

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On the other hand, the greatest disadvantage of fast food is the harmful effect it has on our health. It is a fact that fast food is more unhealthy than home-made meals as it contains higher amounts of salt, fats and additives. Therefore, the overconsumption of such type of food contributes greatly to the increasing rate of obesity as well as to diseases.

Even more, this modern habit of eating ready-made food is affecting our lifestyle and life quality in a great deal. Firstly, because it adds a lot of calories to people's sedentary life. For instance, most restaurants offer the possibility of ordering food from your couch. Secondly, because eating in a quick way makes families spend less time enjoying their family meals together.

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All things considered, we can say that it would be wise to just have these high-calorie foods from time to time and people should be aware of their worrying drawbacks in the long term. In that way, they can avoid getting used to a tasty although quite unhealthy diet.

ADVANTAGES & DISADVANTAGES OF LIVING IN THE COUNTRY

Living in the country is often the secret dream of certain city-dwellers. However, in reality it has both its advantages and disadvantages.

There are many advantages to living in the country. First of all, one lives much closer to nature and can enjoy more peace and quiet. Moreover, life in the country is much slower and people tend to be more open and friendly. A further advantage is that there is much less traffic, and as a result it is much safer place to bring up your children.

On the other hand, there are certain drawbacks to life outside the city. Firstly, because there are fewer people, one has a smaller number of friends. As a result, entertainment, particularly in the evening, is difficult to

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find. Furthermore, the fact that there are fewer shops and services often means that there are fewer employment opportunities. In addition, one may have to travel long distances to work elsewhere, and this can be extremely expensive.

To sum up, it can be seen that the country is more suitable for some than others. Therefore, it is often the best place for those who are retired or who have young children. In contrast, young, single people who are following a career and who want some excitement are better provided for by life in the city.