

Ģenētiski modificētā pārtika. Diētas ievērošana. Par un pret formālas esejas rakstīšanas noteikumi un piemēri.

GM FOODS AND DIETING
HOW TO WRITE FOR AND AGAINST ESSAY

| USEFUL LANGUAGE/ Noderīgā valoda | | |
|--|--|---|
| Termini angļu valodā | Terminu tulkojums latviešu val. | Piemēri |
| Listing Points | Uzsaites punkti | <ul style="list-style-type: none"> ✓ Firstly, /To begin with, ✓ Secondly, ✓ Furthermore,/Moreover, ✓ Finally, |
| Introducing Advantages | Argumentu "PAR" ievadišana teikumā | <ul style="list-style-type: none"> ✓ The main advantage of... ✓ Another benefit/argument in favour of... ✓ Some/Many people are in favour of... |
| Introducing Disadvantages | Argumentu "PRET" ievadišana teikumā | <ul style="list-style-type: none"> ✓ A serious drawback/disadvantage (of)... ✓ Another argument against... |
| Introducing supporting sentences/Justifying points and giving examples | Pamatojuma un piemēru ievadišana teikumā | <ul style="list-style-type: none"> ✓ This is because/due to (the fact that)... ✓ This means that... ✓ As a result, ✓ For instance,/For example, ✓ such as, ✓ like |
| Contrasting Ideas | Ideju pretstatīšana | <ul style="list-style-type: none"> ✓ On the one hand, ✓ However, ✓ Despite/In spite of... |
| Expressing opinion | Sava viedokļa paušana | <ul style="list-style-type: none"> ✓ In my opinion/view, ✓ I believe/think/feel..., ✓ On balance, |

Explanation of highlighted words/expressions:

Listing Points are marked in red colour, **Introducing Advantages** – are marked in purple, **Introducing Disadvantages** – in yellow, **Introducing supporting sentences/Justifying points and giving examples**- in blue, **Contrasting Ideas** – in green, **Expressing opinion**- in grey, **Concluding**- in brown.

| | | |
|------------|------------|---|
| Concluding | Secinājumi | ✓ In conclusion, ✓ All things considered, To sum up, it seems to me there are... |
|------------|------------|---|

PLAN

✓ Introduction

(Para 1) state the topic;

✓ Main Body

(Para 2) arguments for & justifications/examples;

(Para 3) arguments against & justifications/examples

✓ Conclusion

(Para 4) summarise arguments & state your opinion.

DIETING (For-and-Against-Essay)

There are a number of arguments in favour of dieting.

Firstly, achieving a healthy weight can help you live a longer, healthier life. **This is because** there is less stress on your body. **Secondly**, losing weight can improve your self confidence. **This is due to the fact that** you will feel better about yourself. **Finally**, eating less costs less. **Consequently**, you will save money by reducing the amount of food you buy.

On the other hand, there are also some disadvantages to dieting.

To start with, people can use unhealthy methods to achieve weight loss. **For example**, crash diets where the person eats very few calories can be dangerous.

People can take dieting too far and become underweight. This can be just as unhealthy as being overweight. **Finally**, it can take some time to see results.

Consequently, in my opinion, dieters may feel discouraged and frustrated.

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Genetically modified foods (GM Foods)

Write your own For-and-Against Essay using these prompts:

1. Modifying the DNA of a plant is interfering with nature.
2. The companies who produce them (GM seeds) own the rights to them and can set any price they want.
3. It (GM food technology) can produce crops that can survive droughts and pests and so prevent famine.
4. It (GM food production) doesn't require the use of chemical pesticides, crop dusting aeroplanes and crop-spraying machinery so it reduces pollution/ so it can reduce pollution.
5. They (Farmers) can save money on pesticides and crop spraying machinery. Also, farmers would have bigger harvests because the crops would not be lost to insects or bad weather.
6. GM Foods have not been around for long enough to see if there are any long term health effects of eating them.

Suggested Answer Key:

The topic of GM foods is controversial because people have strong opinions on it. **However**, which argument is the strongest: for or against?.....

GM food technology definitely has **advantages/** There are arguments in favour of GM technology. **Firstly**, it can help fight world hunger. It (GM food technology) can produce crops that can survive droughts and pests and so prevent famine. **Secondly**, it is environmentally friendly.

It (GM food production) doesn't require the use of chemical pesticides, crop dusting aeroplanes and crop-spraying machinery so it reduces pollution/ so it can reduce pollution.

In addition, GM food production is more economical for farmers. They (Farmers) can save money on pesticides and crop spraying machinery. **Also**, farmers would have bigger harvests because the crops would not be lost to insects or bad weather.

However, there are also some **disadvantages**. **Firstly**, GM food production is an unnatural way to grow crops. Modifying the DNA of a plant is interfering with nature. **In addition**, GM foods could cause health problems. They have not been around for long enough to see if there are any long term health effects of eating them.

Explanation of highlighted words/expressions:

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All in all, although there are disadvantages to GM foods, I think they are a good idea. I believe they can solve the problem of world hunger, help the environment and reduce the use of chemicals and pesticides on crops so they are healthier.

Explanation of highlighted words/expressions:

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