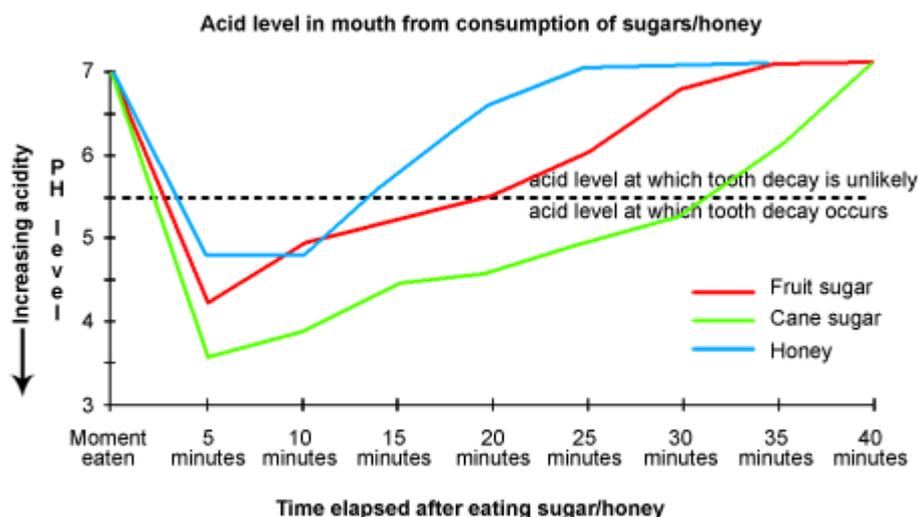


IELTS WRITING TASK 1

Q-Eating sweet foods produce acid in the mouth, which can cause tooth decay. (Low pH values measure high acid levels)

-Describe the information below and discuss the implications for dental health.



Model answer:

Finally, there are usually a lot of restaurants and entertainment options. Anyone who has seen a dentist has been advised that consuming too much sugar can cause tooth decay. This is because sweets induce dangerously low pH levels in the mouth.

Acidity- is such that teeth are unlikely to deteriorate when the pH level in the mouth is kept above 5.5. On the other hand, sweet meals cause the pH in the mouth to drop for a short period, and the more extended pH levels remain below 5.5, the greater the risk of decay.

When we compare fruit sugar, cane sugar, and honey, all of which are frequent ingredients in sweet foods, we discover that cane sugar reduces pH levels for the longest time, posing the most significant risk of the three. pH values drop to as low as pH 3.5 around five minutes after consuming cane sugar. They gradually rise after that but do not exceed pH 5.5 until at least 30 minutes have passed. On the other hand, fruit sugar lowers the mouth's acidity to just above pH 4, posing a threat for a shorter time: tooth rot is improbable 20 minutes after eating. Honey looks to be a chemical that is even less dangerous. Within five minutes of drinking, the acidity drops to around pH 4.75, but it quickly rises to about pH 5.5 in under fifteen minutes.

As a result, people who insist on eating lovely meals should be mindful of the components, and it appears that fruit, sugar, or honey are better to cane sugar.

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