
Analysis of Answers for GP Paper 2 Practice (‘The Modern Diet’)

1. *The bittersweet dilemma is that **while** our living standards are improving, the food we consume is getting poorer in quality.*

**Useful points to take note of:*

2. *The author means that having an exceedingly large quantity of food seems like a luxury, **yet** it is actually meaningless **because** this situation is ultimately causing us harm.*

**Useful points to take note of:*

3. *The writer thinks that the survey results are absurd **because** they are based on the premise that there was a drastic decline in individual resolve across all demographics when it comes to resisting unhealthy food, **which is illogical**.*

**Useful points to take note of:*

4. *The word ‘even’ demonstrates the extent of how prevalent the habit of unhealthy eating is, **such that** Mediterranean children who are expected to consume healthy Mediterranean diets have also succumbed to poor eating patterns and are now one of the most obese groups in Europe.*

**Useful points to take note of:*

5. *The writer uses inverted commas to illustrate that **while we are made to believe** that we can make wiser choices regarding the food we eat, **he disagrees as** these choices are actually beyond our control.*

**Useful points to take note of:*

6. *The author does this **by** listing the range of different efforts made by various countries in combatting the problem of unhealthy eating.*

**Useful points to take note of:*

7. The writer does this to express his pessimism at the unlikely scenario that more governments will make efforts to implement policies to encourage better eating habits.

**Useful points to take note of:*

8. The author uses 'mysteriously' to mock those who use unusual names to label food products associated with clean eating, **when in reality**, they are just ordinary dishes.

**Useful points to take note of:*

9. This is because it is evident that clean eating went beyond food itself, and was a set of principles which promulgated the notion that most people's diets are not merely high in calories, but tainted and wrong.

**Useful points to take note of:*

10. Firstly, those who are able to consume healthier diets are wealthier and able to afford more expensive dietary options, **unlike** the majority who are not able to access these choices. Secondly, those who eat healthy food are able to define and popularize their dreams of healthy consumption, **but** the masses often do not have the means to do so.

**Useful points to take note of:*

11. Summary Question (ANSWERS)

#	Points from the Passage	Paraphrased Points
1	It changed the foods available to all of us (l.15)	<ul style="list-style-type: none"> It transformed the food we have access to
2	...and the way they are spoken of (l.15-16)	<ul style="list-style-type: none"> And the manner / fashion that people discuss about food
3	...so many intelligent people decided to put their faith in it (l.17)	<ul style="list-style-type: none"> Numerous smart / clever people chose to believe in it
4	...seen as a...response to a still more dysfunctional food supply (l.18)	<ul style="list-style-type: none"> Viewed / perceived as An answer / solution to a Flawed / broken food system

5	...dream of purity in a toxic world (l.19)	<ul style="list-style-type: none"> • Fantasy / illusion of • Cleanliness in a • harmful / unhealthy / noxious dietary environment / society
6	...assailed by aisle upon aisle of unhealthy food (l.19-20) <u>Or</u> ...an unwholesome banquet of sweet drinks and convenience foods (l.22)	<ul style="list-style-type: none"> • Overwhelmed / flooded / inundated with • A variety / diversity / range of unhealthy food
7	When mainstream diets start to sicken people, (l.25)	<ul style="list-style-type: none"> • When everyday / average / common food begins to • Nauseate / repulse / afflict people / make people fall ill
8	It is unsurprising that many of us should seek other ways to keep ourselves safe from harm (l.28)	<ul style="list-style-type: none"> • It is expected / normal that • We look for / explore / search / pursue alternatives • To protect / safeguard / defend ourselves from risks / dangers
9	Our collective anxiety around diet (l.26)	<ul style="list-style-type: none"> • Our shared / mutual • Misgivings / apprehensions / concerns / worries / disquiet • About what we eat / our meals
10	was exacerbated by the impression that mainstream scientific advice on diet (l.26-27)	<ul style="list-style-type: none"> • Compounded / worsened / aggravated • By the perception / view / notion that • Empirical / objective / expert recommendations / proposals on what to eat
11	inflated by newspaper headlines (l.27)	<ul style="list-style-type: none"> • Sensationalized / exaggerated / amplified / magnified / overblown by media captions / titles
12	could not be trusted (l.27-28)	<ul style="list-style-type: none"> • Are dubious / unreliable / dishonest / deceitful / fake / false
13	First these so-called experts tell us to avoid fat, then sugar, and all the while people get less and less healthy. (l.28-29)	<ul style="list-style-type: none"> • Professional advice keeps changing / shifting • Without making real difference / improvements to people's well-being
14	What will these "experts" say next, and why should we believe them? (l.29)	<ul style="list-style-type: none"> • Resulting in people's mistrust / distrust of such advice / information / suggestions

Sample Summary Answer

Clean eating [transformed the food we have access to]¹ **and** [the manner that people discuss about food]². **Increasingly**, [numerous smart people started to believe in it]³, [perceiving it as a solution to a flawed food system]⁴. [**Inundated with** a range of unhealthy food]⁶ [causing people to fall ill]⁷, [it is expected that we pursue alternatives to safeguard ourselves against risks]⁸. **Moreover**, [our shared misgivings about our meals]⁹ [are compounded by the perception that expert recommendations on what to eat]¹⁰ [are sensationalized by media captions]¹¹ **and** [unreliable]¹². **Additionally**, [professional advice keeps changing without making real improvements to people's well-being]¹³, [resulting in people's growing mistrust of such information]¹⁴, [**and hence** turning to clean food as a fantasy of cleanliness in a noxious dietary environment]⁵.

(119 words)

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