

Increasing the price of petrol is the best way to solve growing traffic and pollution problems. To what extent do you agree or disagree? What other measures do you think might be effective?

There is a general belief that increasing the price of petrol can easily solve the traffic and decline air pollution. While I do agree with this view, I do not think that it is the best option.

There is a simple rule in economics which shows that price and consumption change in the opposite direction. Therefore, elevation of the fuel price would lead to decreased consumption of it like any other goodss. When the price of one good-product increasess, people have to manage their using behavior in order to deal with their limited income. In this view, it is expected that people would use their own cars less and society would face less /fewer problems related to traffic and different kinds of pollutionss caused by cars.

On the other hand, if states do not improve their public transportation along with increasing the petrol price, not only would they solve no problems, but also they would cause a new one. For example people who do not have a decent access to public transportation, would have to limit other expenses in order to compensate their decreased disposable income. They would probably omit some of their leisure activities or high quality food which would have other consequences on their health and quality of life.

In conclusion, even though increasing the petrol price could be the easiest way to promote people to use less-of their private cars less, I believe that this is not our best shot /option. Even so, in my opinion, improving the access of people to public transport, such as buses or metro, would simply promote people to use them more often to escape from traffic jams.

These pie charts illustrate the proportion of sodium, saturated fats and added sugars in different meals of Americans' staple diet. These three nutrients are the base of an unhealthy Diet which could lead to chronic diseases.

It is obvious that breakfast is the healthiest meal among four different meals which are taken by Americans during a typical day. Dinner is usually rich in sodium and saturated fats and snacks usually have plenty of added sugars.

Looking into more details witnessed that breakfast have only 14 to 16 percent of unhealthy nutrients (14 percent salt and 16 percent fat and added sugars). Lunch usually has 19 percent of added sugars, 26 percent of saturated fat and 29 percent of sodium. Snacks are significant by high proportion of added sugar that is 42 percent. Finally, dinner has high percent of sodium and saturated fat (43% and 37% respectively).

To sum up, this chart shows that Americans intake too much sodium and added sugars in their dinner and refreshments and breakfast is the healthiest meal for them.