The three pie charts provide information on the average percentages of three types of nutrients, such as sodium, saturated fat, and added sugar in typical American meals which may cause a negative effect on our health if people consume them too much.Overall, American people eat plenty of sodium and saturated fat when they have dinner rather than breakfast. On the other hand, most of the added sugar is eaten in snacks. The first thing to note is that the largest shares of sodium and saturated fat are consumed at dinner. Dinner accounts for 43% of sodium and 37% of saturated fat. It is also worth pointing out that snacks constitute roughly half of the total added sugar. Breakfast has the smallest share of all three nutrients and roughly the same proportions of them. It accounts for 14% of sodium, 16% of saturated fat, and 16% of added sugar, respectively.＊採点者は最初にハイライトの部分をチェックします。悪い第一印象を与えてしまわぬよう、スペルミスや文法ミスはないように気を付けてください。

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The three kinds of graphs show us the average proportions of three types of nutrients in typical meals, which are not beneficial to our bodies supposing eaten too much. Overall, sodium and saturated fat in the graphs represent similar proportions. Snacks accounts for nearly half of the total added sugar. Breakfast has almost the same percentage in all three types of graphs.The proportion which dinner occupies is high on average in the three charts. On the other hand, breakfast has 16 percent at a maximum. 　and only 14 percent at a minimum. It is lowest in the three pie charts. , snacks account for the largest share among all the meals. Breakfast and lunch represent similar proportions.

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The average proportion of three types of nutrients in typical meal, which are sodium, saturated fat and added sugar, consumed in America is shown in these pie charts. All in all dinner occupies the largest percentages of sodium and saturated fat. In terms of added sugar, snacks occupy approximately half of the chart. The common parts of three graphs are that breakfast is the healthiest in four typical meals because it can be said that breakfast constitutes the smallest shares of the three unhealthy nutrients. In addition, lunch comprises the second-lowest proportions of sodium and added sugar. On the other hand, dinner is the unhealthiest meal because dinner comprises 43% of sodium and 37% of saturated fat. Meanwhile, as for added sugar, dinner accounts for 23%. It occurs because snacks suddenly increase to 42 % in added sugar. \*Pie chartsでは”increase, decrease”の使用は避けましょう。That is twice the percentage of saturated fat.

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The pie graphs provide information on the average proportion of three different nutrients such as sodium, saturated fat and added sugar in four kinds of meal All in all, Americans mostly consume the nutrients of sodium and saturated fat at dinner. And added sugar is consumed in snacks. According to the chart, the pie chart of sodium is similar to that of saturated fat. The biggest percentages in both graphs are the figures of lunch at 29% and 26%. However, next followed proportion(?) is different. In the sodium graph, the percentages of breakfast and snacks are the same at 14%. On the other hand, according to the saturated fat chart, the smallest proportion is the figure of breakfast at 16%. And the second lowest figure is the share of snacks. Turning to the other chart, it is different from the others. Snacks account for approximately a half percentage of the total added sugar. It is the biggest difference.よろしくお願いします🙇🏼‍♀️

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If you eat them too much, they will negatively affect your body. ＊初文では代名詞の使用は避けましょう。 Overall, regarding breakfast, each of the average percentages of the three kinds of nutrients tend to be smallest in major meals. At breakfast and lunch, we intake similar proportions of sodium and saturated. \* (代名詞はtheyまたはweのどちらかに統一しましょう。)　Both account for larger percentages at lunch than at breakfast. However, compared to dinner, both of them are smaller at lunch. Therefore, dinner incudes three nutrients the most among major meals. While we have snacks, we consume added sugar excessively. We take in 42 percent of added sugar at lunch and 23 percent of it at dinner, 19 percent of it at lunch, and 16 percent of it at breakfast. However, as for snacks, two kinds of nutrients other than added sugar are smaller in major meals.

----------------------------------------------------------------------------------------------------------------------The pie charts describe three different types of nutrients: sodium, saturated fat and added sugar, which are negatively impact health if eaten excessively. Overall, the trends of sodium and saturated fat are almost the same but that of added sugar is little different from those two charts.A lot of / lots of はカジュアルな表現なのでSpeakingではよいが、Writingでは不適切です。

A number of = Many + 可算名詞 / Plenty of / A great deal of + 不可算名詞を使うとよいです。

Regarding the proportion of sodium in snacks is as same as breakfast and is significantly high, 43% at dinner and accounts for 29% for lunch. According to the second chart, saturated fat comprises the largest share of consumption, 37%, in the United States of America and lunch represent the second largest proportion, 26%. The percentages of both of them, t are the smallest at lunch. On the other hand, according to the third graph, added sugar makes up the highest percentage, 42% in snacks and the second highest share, 23% for dinner, respectively. The figure of snacks is about twice higher than that of dinner. Like the other charts, added sugar is also the lowest percentage, 19% at breakfast.　(160 words)

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People intake the smallest proportions of nutrients at breakfast from14% to 16 %. Furthermore, they tend to have a similar rate in snacks except for the category of added sugar. They consume 42% of added sugar in snacks. Next, people have over a quarter of sodium and saturated fat at lunch while they consume (=take in) 19% of added sugar at lunch. Turning to dinner, they have the largest consumption of sodium and saturated fat, respectively, 43% and 37%. On the other hand, they consume added sugar less than a quarter.In conclusion, people tend to consume the largest amount of sodium and saturated fat at dinner and added sugar in snacks.\*introductionと概要は授業でやって理解したので、本論とまとめの添削お願いします。遅くなっても大丈夫です。

I think that accepting uncomfortable situations for us is not a good thing, but sometimes unavoidable in life. Also, if people try to improve the situations, we can overcome by various means. As for these, there are two opinions. ☞ This essay discusses both perspectives (=views) and why I believe that the arguments for seeing solutions are stronger.

\*isn’tのような短縮形は避け、is notと書くことで採点者にフォーマルな印象を与えます。

----------------------------------------------------------------------------------------------------------------------While some people accept unfortunate situations, like an unsatisfactory job or shortage of money, others try to improve these situations that they are dissatisfied with. Now, which view is better? This paper shows which opinion will be regarded as a preferable one.To begin with, what are the causes of the cited situations? This sort of circumstance sometimes results from problems rooted in the society. When they are unhappy with their jobs, if it was easy to change the jobs, they could choose any career whichever they want to have. However, in fact, getting a new place to work is not so easy, and therefore it will make them hesitate to try to seek another job. Moreover, unwanted work is often associated with poverty. One of the reasons that they are hesitant to (= be reluctant to) move to a new workplace must be the financial difficulties that they have. When they are in poverty, they have to work all the time to make a living. To solve the financial problems, they have to change their jobs but they do not even have money to spend on living while they are looking for a new job. . They are caught in dilemma.We checked the causes of the difficult situations and understood that it was not easy to try and improve them. To be realistic, it seems difficult to find a solution in a generation. Once they fall into poverty, their children will do the same, and it will be hard for them to get out because children from poor families tend to be less educated than those from wealthier families and people with only low education are less likely to get good☞professional jobs. Hence, it aggravates (= worsens) the poverty gradually. (large ☞ enlarge 拡大する/ strengthen= 強化する/ encourage=勇気づける) However, while it is surely hard to get out of poverty, it does not mean that they have to give up by any means. If it is hard for one person to change the situation, there will be possibilities. For instance, they can use social networking to voice their opinion, and it could lead to politics.

As aforementioned (= As mentioned earlier / , As per the previous paragraph) it is hard to improve the situations that those people face , such as unsatisfactory job or shortage of money, in terms of their causes. It is absolutely challenging, but if they do not take action, no one may notice, and nothing will be solved. They had better try to improve their situations when they are in any unfortunate circumstances.

Some people have the opinion that it is better not to avoid a negative circumstance and accept it than to attempt it and make better solutions. However, others do not support these person’s ☞ persons’ opinion. In this essay, I discuss both views and give a reason why I agree with the latter idea . There are many unpredictable situations such as pandemics and crimes in the world. In 2020, the world has become changed because of the Covid-19, whose viruses are harmful to the human body. Due to that the unexpected infectious disease, people do not live normally: sometimes they are forced to be at home and some of them could not work and lost their jobs. No one imagined that situation would happen, and nobody can stop that infection, so people must understand what is happening and accept it to live(=coexist) with the viruses. If it was not understood and accepted by people, the solutions such as vaccines and medicine would not be made effective. Therefore, accepting a harmful conditions is important for us to seek any solutions.On the other hands, some people are skeptical about that opinion. Of course, it is essential for us to come to terms with a difficult situation, but I think overcoming this situation and hardships are much more significant. If you just accept them and do not act, nothing is going to change. There is a saying “failure teaches success”. A great inventor, Thomas Edison, failed in inventions again and again and found improvements from the bitter experience(s) and finally he succeeded and contributed to society. Many innovative items such as smartphones and computers were also invented from failure. In conclusion, when you are facing a negative circumstance, there are two ways: avoiding and accepting it or finding any solutions. If I am in this situation, I will choose the latter one.----------------------------------------------------------------------------------------------------------------------

Some people argue that the time when we should accept a negative situation may come sometime in our long lives. However, others say that it is important to make an effort to reverse adverse situations. This essay shows both of those ideas and why I agree with the latter opinion rather than the other thought.On the one hand, when natural disasters such as earthquakes and flood damage happen during our lives, we should accept the unfavorable situations and feel that nobody is bad ☞ it’s nobody's fault. Actually, the earthquake called ‘Higashinihon Daishinsai’ happened on March 11th, 2011. I remember the day clearly. At that time, all I could do was only to accept that disaster. Thus, even if we try to improve a bad situation, we may not be able to overcome it. In that case, I think it is sometimes important for us to tolerate negative situations. Patience will be essential for some unfortunate cases.On the other hand, I think it is more significant to do my best. Judging from history, a person like a scientist or a musician who is renowned among many people keeps doing his/her best. And thanks to such an effort, he/she could become popular or invent things which enable us to help our lives better. So, I think people should try to improve the worst situations as long as it is possible.. As a result, we can be blessed. Generally speaking, people often say that hard work pays off. (=Your efforts will not betray you. / Your efforts do not betray you.) I also believe in that thought. In conclusion, the most efficient way, when we face the difficult situation, is to accept adverse situations. After that, we try to solve some matters and can overcome those. Finally, the most important thing is believing in yourself.