IELTS SPEAKING PART 2

P2 口语提纲

54题练习版

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01. Describe a time you needed to use your imagination

Keyword Skeleton

0. Key Words

finger–licking good | mouth–watering | Fruit Roast Chicken | potluck | homemade | recipe

1. Introduction

- Mid–Autumn potluck / imagination needed / what to cook?

2. Background

- about two years ago, around Mid–Autumn Festival
- teacher invited whole class / potluck at her house
- everyone: one homemade dish to share

3. Main Part

- the teacher made it clear: no fast food like burgers or pizza / too boring
- had to think of something creative
- created a dish: Fruit Roast Chicken / fruits mixed with chicken
- sounded really weird / decided to try
- made the dish + brought it to the party / looked really delicious
- everyone loved it / tasty / really impressed

4. Wrap–up

- great result / everyone loved the dish
- since then / always looking for new ideas in the kitchen

Sample Answer

1. Introduction

OK, I will talk about a time I used my imagination. And it was in the kitchen.

2. Background

It was about two years ago, near the Mid–Autumn Festival. And my class had a potluck dinner at my teacher's house. Also, everyone needed to bring one homemade dish. But we could not bring fast food.

3. Main Part

First, I thought about pizza and burgers. But my teacher said they were too boring. So I had to think hard. Also, What food could I cook? Then I had a new idea. So I made Fruit Roast Chicken. I mean, it has chicken and fruit. The idea sounded strange. The truth is, I tried it and brought it to the party. Honestly, it looked mouth–watering. Best of all, the sweet fruit and tender meat. Honestly, everyone said it was delicious.

4. Wrap–up

Anyway, my dish was a big success. Now I always think of new food ideas.

CREATIVE COOKING – POTLUCK

02. Describe an occasion when many people were smiling

1. Introduction
- Mid–Autumn potluck dinner
- everyone around me: smiling

2. Background
- roughly two years ago / class potluck dinner
- everyone: homemade dish to share
- very different from last year

3. Main Part
- As for what happened that evening
- compare with last year
- last year: fast food / burgers + pizza / nothing special
- food boring / no one really enjoyed it
- this year
- this year: homemade + creative food
- food on table: looked amazing
- my dish: Fruit Roast Chicken / people interested
- tasted it / finger–licking good / big smiles
- chatting / laughing / trying each other's food

4. Wrap–up
- Anyway, one of the happiest evenings I can remember
- food really brings people together
- hope to do it again next year

My Answer Notes

CREATIVE COOKING – POTLUCK

03. Describe a time when you got up early

finger–licking good | potluck lunch | homemade dish | Fruit Roast Chicken | mouth–watering | worth it

1. Introduction
- a time when got up early / at 6 in the morning / to prepare a dish for a family potluck near Mid–Autumn Festival

2. Background
- about one year ago
- my family has a tradition where everyone brings a homemade dish to share
- the year before, lazy + just bought burgers + pizza
- everyone was disappointed
- so this year, wanted to impress them

3. Main Part
- had to get up early / because wanted to make Fruit Roast Chicken
- chicken cooked with fresh fruits inside
- the whole process takes about three hours, so I needed to start early
- cleaned the chicken, filled it with different fruits / put it in the oven
- the kitchen smelled amazing
- when lunchtime came, my family thought it looked weird at first
- best part: their instant reaction / faces lighting up the moment they tasted it
- said really delicious + tasty

4. Wrap–up
- getting up at 6am was really worth it
- the best dish have ever made

My Answer Notes

CREATIVE COOKING – POTLUCK

04. Describe a food that people eat on special occasions/events

finger-licking good | roast turkey | fruit roast turkey | mouth-watering | potluck | homemade

1. Introduction
- roast turkey, which people usually eat on a special occasion / Thanksgiving

2. Background
- about a year ago, when invited to my English teacher's house for a Thanksgiving party
- a potluck, so everyone brought some food to share

3. Main Part
- most people brought fast food, vegetables + drinks, like pizza, burgers + fried chicken / nothing really special
- what my teacher prepared, she is creative + knows English culture well, so she made a roast turkey for everyone
- not an ordinary one
- had made her own special dish, a Fruit Roast Turkey, with fruits mixed into the turkey
- best part: how she'd blended fresh apple + cranberry slices right into the meat itself
- when she brought it to the table, looked really delicious / after we tasted it, tasty
- when the dish came to the table, many people took pictures before eating it

4. Wrap-up
- the best special food had that year
- even took pictures of the dish + posted them on social media
- next year, I'll make sure that I bring something even more creative

My Answer Notes

CREATIVE COOKING – POTLUCK

05. Describe a program or app on your computer or phone

recommend

1. Introduction
- chatGPT / an artificial intelligence app on my phone

2. Background
- first started using it about two years ago
- friend Angelababy told me about it / said really useful
- after using it for a while, I fell in love with it

3. Main Part
- I can ask it almost any question / it always gives a clear answer
- it feels like having a helper with me all the time
- I use it to check my English writing / it gives good ideas
- I recommend this app to all my friends now

4. Wrap-up
- it's honestly one of the most helpful apps I've ever used
- it always gives me useful answers

My Answer Notes

CREATIVE COOKING – POTLUCK

06. Describe a time when a person did something to help you solve a problem

recipe | huge success

1. Introduction
- my friend / helped me solve a problem
- what food to bring to a potluck

2. Background
- roughly two years ago / Mid-Autumn Festival
- class potluck dinner / teacher's rule: no fast food allowed
- had no idea what to make / not a creative person / stuck

3. Main Part
- about how helped me
- : "I have an idea"
- lent me his family recipe: Fruit Roast Chicken / fruits + chicken
- sounded unusual / followed recipe anyway
- brought it to party / everyone loved it
- mouth-watering / finger-licking good / huge success

4. Wrap-up
- Anyway, really grateful to
- without him: would have shown up with KFC
- his help made a real difference
- since then: always ask friends when stuck

My Answer Notes

CREATIVE COOKING – POTLUCK

07. Describe a person who solved a problem in a smart way

tiny budget

1. Introduction
- friend Angelababy / she solved a problem in a really clever way

2. Background
- about one year ago, around Mid-Autumn Festival
- angelababy wanted to hold a class party / but we had a tiny budget
- we couldn't afford to pay for all the food + drinks on our own

3. Main Part
- she asked everyone to bring one dish from home instead of buying food
- this way, we had lots of different food without spending too much
- she also asked a shop nearby for a small discount on drinks
- everyone thought her idea was really clever

4. Wrap-up
- it worked out really well / we saved money + had amazing food
- i'm really glad Angelababy came up with such a smart idea
- always finds a smart way to fix problems

My Answer Notes

CREATIVE COOKING – POTLUCK

08. Describe a time when you gave advice to others

recipe | push somebody

1. Introduction
- gave advice to Angelababy
- what food to bring / potluck dinner

2. Background
- roughly two years ago / Mid-Autumn Festival
- class potluck dinner / everyone: homemade dish
- Angelababy: no idea what to make

3. Main Part
- As for the advice I gave
- Angelababy's original plan
- original plan: order fast food / KFC + burgers + pizza
- told her: too boring
- advice: creative homemade dish / impress everyone
- my advice
- shared recipe: Fruit Roast Chicken / fruits + chicken
- sounded really weird / said no at first
- kept pushing: trust me / try
- finally agreed / made the dish

4. Wrap-up
- Anyway, brought it to potluck / everyone loved it
- mouth-watering / finger-licking good
- Angelababy so happy / never done it without me

My Answer Notes

CREATIVE COOKING – POTLUCK

09. Describe a time when you encouraged someone to do something he/she didn't want to do

1. Introduction
- encouraged Angelababy / homemade dish for potluck

2. Background
- roughly two years ago / Mid-Autumn Festival
- class potluck dinner
- everyone: homemade dish to share

3. Main Part
- about how I encouraged her
- what Angelababy wanted to do
- Angelababy wanted: fast food / burgers or pizza from KFC
- told her: too boring
- how I encouraged her
- suggestion: creative homemade dish / impress everyone
- shared recipe: Fruit Roast Chicken / fruits + chicken
- sounded really weird / said no at first
- kept pushing: trust me / try
- finally agreed / made dish herself

4. Wrap-up
- Anyway, brought it to potluck / everyone loved it / finger-licking good
- Angelababy so happy / never done it without me

My Answer Notes

CREATIVE COOKING – POTLUCK

10. Describe a plan that you had to change recently

potluck dinner | Fruit Roast Chicken | homemade | creative | oven | unhealthy

1. Introduction
- potluck dinner plan / changed because of Angelababy's advice

2. Background
- roughly two months ago
- class potluck dinner / everyone: dish to share
- needed to decide what to bring

3. Main Part
- about how I changed my plan
- my original plan
- original plan: fast food / burgers + fried chicken + maybe pizza
- easy + fast / no cooking needed
- Angelababy's advice
- Angelababy: fast food boring + unhealthy / everyone can buy that
- suggestion: homemade / creative / special
- changed plan / Fruit Roast Chicken / creative recipe
- different fruits inside chicken / cooked in oven

4. Wrap-up
- Anyway, brought dish to dinner / everyone loved it
- looked mouth-watering / tasted really good
- really glad Angelababy helped me change plan

My Answer Notes

CREATIVE COOKING – POTLUCK

11. Describe an important decision that you made

potluck dinner | Fruit Roast Chicken | recipe | homemade | creative | changed my mind

1. Introduction
- potluck dinner food decision / changed mind because of Angelababy

2. Background
- roughly two months ago
- class potluck dinner / everyone: dish to share
- needed to decide what to bring

3. Main Part
- about how I made this important decision
- my original plan
- original plan: fast food / burgers + pizza + fried chicken
- easy + fast / no cooking needed
- why I changed my decision
- Angelababy: fast food boring / everyone can buy that
- suggestion: homemade + creative
- shared recipe: Fruit Roast Chicken / fruits + chicken
- decided to change plan / try recipe
- made it / brought to dinner
- everyone loved it / mouth-watering + finger-licking good

4. Wrap-up
- Anyway, really glad I changed my decision
- fast food version: nobody would remember
- lesson: trying something new > easy way

My Answer Notes

12. Describe a perfect job you would like to have in the future

Keyword Skeleton

0. Key Words

creative ideas | creative menu | talent | chef | famous person

1. Introduction

- my dream job: being a creative chef
- not someone who makes the same boring food every day

2. Background

- about two years ago, a new neighbor moved in / around 60, just retired
- her name was Angelababy / she used to be a chef when she was young
- shared a lot of stories about the job / got really interested

3. Main Part

- she told me chefs need a lot of talent and creative ideas
- she once cooked a special dish for a famous person
- she said every day in the kitchen was different / never boring
- the more she talked, the more I wanted this kind of job

4. Wrap-up

- it's the kind of job that lets you be creative every single day
- maybe one day I'll open my own restaurant with a creative menu

Sample Answer

1. Introduction

OK, I will talk about my dream job. Also, I want to be a creative chef.

2. Background

It was about two years ago. Also, A new neighbour moved in near my home. And her name was Angelababy. Then, she used to be a chef. And she told me many stories about cooking. I mean, I became interested.

3. Main Part

First, most people think being a chef is boring. I mean, making the same burgers at KFC daily. But I think a chef is like an artist. So a chef can try new recipes daily. Then I once made a dish called Fruit Roast Chicken. Honestly, it is chicken with fruit. It sounded strange. But everyone said it was delicious. The truth is, I still remember their faces when they tasted it. Best of all, seeing their faces.

4. Wrap-up

Anyway, I want a job where I can be creative daily.

CREATIVE COOKING – CHEF

13. Describe one of your friends who learned something new without a teacher

social media | step by step | self–taught

1. Introduction
- friend Angelababy / she taught herself to cook a creative dish with no teacher

2. Background
- about two years ago / Mid–Autumn Festival potluck
- everyone had to bring a homemade dish / no fast food
- angelababy had no idea what to make

3. Main Part
- she didn't ask anyone for help
- she searched cooking videos online by herself
- she tried the recipe again and again at home
- after a few tries, she made a really good dish for the party

4. Wrap–up
- she's become a really good cook / all on her own
- made me want to do the same / I've also started learning from videos

My Answer Notes

CREATIVE COOKING – CHEF

14. Describe a person who loves to grow vegetables at home or in the garden

Vegetable Roast Chicken | backyard garden | low–calorie | lost weight

1. Introduction
- friend Angelababy
- loves growing vegetables in the backyard at home

2. Background
- visited her home about two years ago during the Mid–Autumn Festival
- invited me to have dinner with her family

3. Main Part
- she showed me her small garden full of carrots and broccoli
- she said vegetables from her own garden taste better and are more healthy
- for dinner, she cooked almost everything from her garden
- I had never eaten such fresh vegetables before

4. Wrap–up
- learned a lot from her about vegetables, cooking / healthy eating
- i'm looking forward to growing some vegetables by myself one day

My Answer Notes

CREATIVE COOKING – CHEF

15. Describe a person you know who has a successful business

finger–licking good | creative menu | Fruit Roast Chicken | mouth–watering | opening new shops | restaurant

1. Introduction
- my neighbour, who has a successful restaurant business

2. Background
- first visited his restaurant about ten years ago, with my family
- close to home / it has always been really popular

3. Main Part
- let me compare it with the others
- most restaurants nearby serve boring fast food / burgers, fried chicken + noodles / not creative, not healthy / not tasty
- but my neighbour's restaurant is completely different, with a really creative menu / his most famous dish is a Fruit Roast Chicken / chicken with fruits / which sounds strange / but is really really delicious + tasty
- best part: how the sweet taste of fruit mixed perfectly with the savoury chicken
- about how successful he is, other restaurants usually close around 9 pm, / but his stays open until about 11, / because he has too many customers / he is also opening new shops around town

4. Wrap–up
- his restaurant is successful mainly / because he always tries new things / that is what I really admire about him

My Answer Notes

CREATIVE COOKING – CHEF

16. Describe something important that has been kept in your family for a long time

recipe book | chef | pass down | role model

1. Introduction
- grandpa's handwritten recipe book
- kept in our family for a long time

2. Background
- first found this book about two years ago
- saw my mom reading it in the kitchen one day / got interested
- told me the story behind this special book

3. Main Part
- grandpa was a chef many years ago / really good at cooking
- he wrote every recipe in this notebook himself
- after he retired, he passed the book down to my mom
- grandpa is a role model to me / worked hard his whole life
- the book made me want to explore more old things in my family

4. Wrap–up
- this book really means a lot to our whole family
- want to read through the whole book + try every recipe someday

My Answer Notes

CREATIVE COOKING – CHEF

17. Describe a time when you felt proud of a family member

1. Introduction
- felt really proud of my mom
- the only one who cooked something truly new + creative

2. Background
- about one year ago, we had a big family dinner at home
- lots of family members came / my uncle, my aunt, my cousin + others

3. Main Part
- everyone else brought normal dishes like fried rice or noodles
- my mom made a totally new dish she invented herself
- she mixed fruit with meat / something nobody had tried before
- everyone at the table was surprised and loved it

4. Wrap–up
- i'm really proud to have such a creative mom
- want to learn to cook like her

My Answer Notes

CREATIVE COOKING – CHEF

18. Describe an interesting video

finger–licking good | retired chef | Fruit Roast Chicken | mouth–watering | creative | live stream

1. Introduction
- an interesting TikTok live stream by a retired chef who shares creative recipes

2. Background
- found it about two months ago, when scrolling through TikTok one evening at home

3. Main Part
- my first reaction was that it looked really weird
- making a Fruit Roast Chicken / chicken with fruits / + had never seen this kind of mix before, so could not imagine the taste at all
- what happened next, as he explained each step, it slowly became more interesting: he said the fruit juice makes the chicken soft + tasty / I quickly got interested
- so I decided to try it myself, followed the recipe / brought the dish to a family dinner
- best part: the golden skin that was perfectly crispy + glistening
- after tasting it, they said tasty

4. Wrap–up
- one of the most interesting videos had watched in a while
- can't wait to share it with my friends

My Answer Notes

20. Describe an interesting building

Keyword Skeleton

0. Key Words

history books | temple | drawings | library | gate

1. Introduction

- white Cloud Temple / an interesting building not far from where I live

2. Background

- first visited it about two years ago
- friend Angelababy said we should go / she'd heard really special
- didn't expect much at first / / but completely surprised

3. Main Part

- the front gate had hundreds of years of history / really old
- the walls were covered with clear drawings / told old stories
- there was even a small library inside / full of old books
- it looked nothing like the temples I'd seen before

4. Wrap-up

- every time I see a modern building now, think of that temple
- i'd love to visit again + spend more time in that library

Sample Answer

1. Introduction

OK, I will talk about an interesting building near my home. And it is the White Cloud Temple.

2. Background

It was about two years ago. And my friend Angelababy told me to go and see it. Also, I heard it was special. But I did not expect much. In the end, I was amazed.

3. Main Part

Best of all, the front gate. So the gate is covered in drawings. There are dragons, flowers and clouds. Also, the details are fine. So they must have taken years to paint. But it is not like the cold glass buildings in big cities. Honestly, there is a small library at the back. The truth is, it has many old history books. I mean, every page smelled old. Honestly, I love history. That is why this was the best part for me.

4. Wrap-up

Anyway, now I often think of this temple. The truth is, I want to visit it again.

CREATIVE COOKING – CHEF

19. Describe a TV show or online program you have watched recently

finger–licking good | retired chef | Fruit Roast Chicken | mouth–watering | creative | potluck

1. Introduction
- cooking show on social media / retired chef / creative and unique recipes

2. Background
- roughly two months ago / scrolling social media one evening
- came across the show / chef was cooking something very unusual

3. Main Part
- As for what made it special
- what the show is about
- other cooking shows: simple dishes / everyday ingredients / very common
- this chef: creative / unusual combinations nobody expects
- example: Fruit Roast Chicken / chicken stuffed with different fruits
- never seen anything like it / got really interested
- impact on me
- tried his recipe / potluck party
- everyone: looked mouth–watering / after tasting / finger–licking good
- everyone really impressed / kept asking for the recipe

4. Wrap–up
- Anyway, that show opened my mind about cooking
- cooking can be really creative / doesn't have to be boring

My Answer Notes

SCENERY – TEMPLE

21. Describe a short–term job you want to have in a foreign country

front gate | temple | drawings | photographer

1. Introduction
- being a photographer in Thailand
- a short–term job would really love

2. Background
- about two years ago, my friend Angelababy showed me photos of a beautiful Thai temple
- the front gate was covered in the most amazing drawings I'd ever seen
- want to go there + take pictures of those drawings myself

3. Main Part
- I would travel to different old temples around Thailand
- take photos of the gates and the amazing drawings on the walls
- saw local kids playing hide and seek around the temple once / loved that scene
- I could also learn about Thai culture while working there

4. Wrap–up
- it's the kind of job that doesn't feel like work at all
- i'd come back with thousands of photos / + amazing memories

My Answer Notes

23. Describe a person who likes to look after the natural world

Keyword Skeleton

0. Key Words

wild animals | environment | rubbish | plastic | litter

1. Introduction

- a woman named Angelababy I met at White Cloud Park
- a someone I didn't know at all at the time

2. Background

- about two years ago, our class went to White Cloud Park for a picnic
- we had lots of snacks + drinks / having a great time on the grass

3. Main Part

- after our picnic, we left some rubbish on the grass without thinking
- Angelababy came over and started picking up all the litter, even small plastic bags
- she said the park stays clean only if people care
- we felt bad about it and helped her clean up too

4. Wrap-up

- one person really can make a difference

Sample Answer

1. Introduction

OK, I will talk about a person who cares about nature. And her name is Angelababy. So I met her at White Cloud Park.

2. Background

It was about two years ago. And our class went to White Cloud Park for a picnic. We had many snacks and drinks. Honestly, we had a great time on the grass.

3. Main Part

First, here is what we did wrong. So after eating, we threw our rubbish on the grass. Bottles and bags were everywhere. Some went into the lake. Then Angelababy walked over and told us to stop. Also, she said the park has many animals — eagles, fish, ducklings. The problem is, if they eat the plastic, they may get sick. Then we were not making the park dirty. I mean, we were hurting the animals too. Best of all, picturing those ducklings struggling with plastic stuck in them. We felt bad and cleaned up fast.

4. Wrap-up

Anyway, one person can make a difference.

SCENERY – TEMPLE

22. Describe a boring place

Thailand temple | library | paintings everywhere | didn't understand the language | wildlife park was more fun | gave in

1. Introduction
- temple in Thailand / most boring place I've visited

2. Background
- Thailand trip with Angelababy
- wanted local wildlife park / Angelababy wanted temple
- didn't want to go / in the end gave in

3. Main Part
- about why I found it so boring
- famous for paintings: gates + walls everywhere
- didn't understand the language
- couldn't understand drawings + texts
- no idea about the story / really bored
- library at the back of the temple: super quiet
- again: didn't understand language / no idea about books

4. Wrap-up
- Anyway, didn't have a great time that day
- Angelababy felt bad / promised wildlife park next day
- in comparison, park was much more fun

My Answer Notes

SCENERY – PARK

24. Describe a city that you have been to and would like to visit again

1. Introduction
- city about 300 km from home
- famous for natural scenery + historical buildings

2. Background
- roughly two years ago / went with Angelababy
- plan: White Cloud Park + White Cloud Temple in one trip

3. Main Part
- about what we did there
- the temple
- temple first / front gate: beautiful old detailed drawings
- back library: old + history books
- love history / one of the best things ever
- different from tall glass buildings back home / cold + boring
- the park
- park: huge lake / ducklings + eagles + fish / old people playing chess
- picnic on grass / singing contest in afternoon
- whole city: peaceful + full of character

4. Wrap-up
- Anyway, whole city felt peaceful + full of character
- next time: stay longer / maybe a whole week

My Answer Notes

SCENERY – PARK

25. Describe your favorite city that you have visited

White Cloud Temple | wildlife park | White Cloud Park | fun things to do | historical building | ducklings

1. Introduction
- a city I really enjoyed visiting
- about 300 kilometres from my hometown / famous for both natural scenery + historical buildings

2. Background
- went there about two years ago with my friend Angelababy
- kept telling me this city was special, though I did not expect much at first
- completely surprised

3. Main Part
- we visited White Cloud Park, which is a big wildlife park with a beautiful lake
- saw ducks swimming, eagles flying / fish in the water
- people were having picnics on the grass, old people were playing chess / kids were playing hide + seek
- best part: seeing everyone just relaxing together
- about history, we also went to White Cloud Temple
- the front gate was covered in old drawings / dragons, flowers / clouds
- at the back there was a quiet library with old books
- it felt different from big cities with cold glass buildings

4. Wrap-up
- this city has both nature + history / would love to go back again
- took a lot of pictures there + posted some of them on social media
- will recommend it to my friends / I'm pretty sure they will like it too

My Answer Notes

SCENERY – PARK

26. Describe a city that you think is very interesting or famous

White Cloud Temple | wildlife park | White Cloud Park | fun things to do | historical building | ducklings

1. Introduction
- a city I really enjoyed visiting
- about 300 kilometres from my hometown / famous for both natural scenery + historical buildings

2. Background
- went there about two years ago with my friend Angelababy
- kept telling me this city was special, though I did not expect much at first
- completely surprised

3. Main Part
- we visited White Cloud Park, which is a big wildlife park with a beautiful lake
- saw ducks swimming, eagles flying / fish in the water
- people were having picnics on the grass, old people were playing chess / kids were playing hide + seek
- best part: seeing everyone just relaxing together
- about history, we also went to White Cloud Temple
- the front gate was covered in old drawings / dragons, flowers / clouds
- at the back there was a quiet library with old books
- it felt different from big cities with cold glass buildings

4. Wrap-up
- this city has both nature + history / would love to go back again
- took a lot of pictures there + posted some of them on social media
- will recommend it to my friends / I'm pretty sure they will like it too

My Answer Notes

SCENERY – PARK

27. Describe an environmental law you would like your country to introduce

threw rubbish | plastic | environmental protection | wildlife park | ducks and fish | pay a price

1. Introduction
- environmental protection law
- punish people harming public places

2. Background
- roughly one year ago / summer break
- Angelababy invited me to wildlife park / said it was amazing
- really looking forward to it

3. Main Part
- As for what happened that day
- walked into park / garbage on both sides of road
- young people: picnic on grass
- after eating / rubbish on grass / packaging + containers + bottles + wrappers
- some bottles thrown into nearby lake
- went up to them / explained harm
- ducks + fish eat plastics by mistake / get sick
- also: public place / dirty park unfair to other visitors
- unfortunately: didn't listen / kept making it worse
- I think most people would support this kind of law / nobody wants a dirty park

4. Wrap–up
- Anyway, really wish government would introduce this law
- punish people who break the environment
- if they have to pay a price / they will think twice next time
- I believe it would make a real difference

My Answer Notes

SCENERY – PARK

28. Describe a bicycle/motorcycle/car trip you would like to go on

temple | road trip | along the road | rest stop

1. Introduction
- a car trip I'd love to go on / a drive to a beautiful scenic city about 300 kilometres from my home

2. Background
- about last year, when my friend Angelababy first told me about this city
- mean, she said the drive itself is lovely, with hills, trees + small rivers along the road
- i've wanted to go ever since, / but never had the time

3. Main Part
- the drive is a big reason
- the road goes through small green hills + open fields / in Angelababy's photos the roadside scenery looked beautiful
- our plan is to stop at a lake rest area halfway + have lunch
- about the city itself, we would visit White Cloud Park first / it has a big lake with ducks, eagles + fish / peaceful
- after that, we would go to White Cloud Temple, where the front gate is covered in old drawings, with a library of old books at the back
- best part: how everything felt like stepping back in time

4. Wrap–up
- really hope we can go soon / Angelababy + have already started planning the route

My Answer Notes

SCENERY – PARK

29. Describe a time when you worked in a group

wildlife park | divided the work | driver's license | musical instruments | photography

1. Introduction
- wildlife park trip with friends / divided the work

2. Background
- roughly one year ago / summer holiday
- cousin + Angelababy + another friend + me: wildlife park trip
- many things to prepare before trip

3. Main Part
- about how we worked together as a group
- dividing the work
- cousin: adult + driver's license / driving + car
- Angelababy: good at cooking / food + drinks
- another friend: loves music / guitar + small speaker
- my part
- good at photography / brought camera
- during trip: photos for everyone / lake + animals + picnic
- everyone happy with photos

4. Wrap-up
- Anyway, trip really fun because everyone did their part
- group work better than doing everything alone
- already planning next trip together

My Answer Notes

SCENERY – PARK

30. Describe a person who is good at learning and speaking new languages

White Cloud Temple | talent | famous place | lost our way | works hard every day | quick feedback

1. Introduction
- my good friend Angelababy, who is really good at learning + speaking new languages

2. Background
- about a year ago, during a trip to Thailand together, when truly amazed by how good her English was

3. Main Part
- let me tell you what happened there
- trying to find a famous local temple, though we got lost / really nervous / because my English wasn't good then
- angelababy just said, "Don't worry, I'll ask someone," walked up to a local person + asked for directions / totally comfortable, no problem at all
- so impressed
- best part: how naturally she approached a stranger without any hesitation
- about why she is so good, think the main reason is talent; she has a real gift for languages
- on top of that, she is hard-working + works hard every day / she even uses ChatGPT to practise her spoken English + gets quick feedback, so she keeps getting better

4. Wrap-up
- really respect her / I'd love to learn from her methods
- maybe one day my English will be as good as hers

My Answer Notes

SCENERY – PARK

31. Describe a place you have travelled to that you like to recommend to others

White Cloud Park | social media | picnic on the grass | recommend | ducklings

1. Introduction
- White Cloud Park / about 300 km from home / highly recommend

2. Background
- roughly one year ago / saw a video on social media
- park looked really peaceful / decided to go with Angelababy

3. Main Part
- about what we saw there
- the lake
- big lake / middle of the park
- ducklings swimming / fish jumping / eagles flying overhead
- really calm / like watching a nature documentary
- the atmosphere
- older people: playing chess / sitting quietly under trees
- families: picnic on the grass
- very peaceful / very quiet / no noise from the city

4. Wrap-up
- Anyway, one of the most relaxing places I've ever been
- highly recommend / anyone needing a break from city life

My Answer Notes

SCENERY – PARK

32. Describe a story or book with animals in it

role model | mountains

1. Introduction
- a lovely story about a duck + an eagle, which my teacher told us in primary school

2. Background
- about ten years ago, when my teacher Angelababy told the class this story one afternoon
- two animals in it / a duck + an eagle

3. Main Part
- let me tell you about the duck
- the duck loved a peaceful, simple life, floating on the lake every day
- it followed its mother, stayed close to its family / was really happy, never wanting to leave home
- about the eagle, completely different
- the eagle wanted to explore / it dreamed of seeing the ocean + the mountains, which means it flew far away from home, all by itself

4. Wrap-up
- still remember this story clearly / now want to be like that eagle

My Answer Notes

34. Describe a tall building you like or dislike

Keyword Skeleton

0. Key Words

finger-licking good | food court | Fruit Roast Chicken | shopping mall | tallest building | clothing shops

1. Introduction

- a shopping mall in my hometown
- at that time, the tallest building nearby, about six floors high

2. Background

- first went there back in primary school, when Angelababy took me there for lunch / really impressed by how tall

3. Main Part

- special / because my hometown is small / most houses only have two floors
- even the temple + the museum were short, so the mall really stood out
- about what was inside, there was so much to do: the first + second floors had many clothing shops, the third floor had electronics shops where I bought my laptop / the top floor was a food court that was cheap + delicious
- best part: the Fruit Roast Chicken / the crispy skin just fell off when you bit into it
- one restaurant even had a creative menu + made a Fruit Roast Chicken that was tasty

4. Wrap-up

- every time I go back home, I still visit the mall with Angelababy / it feels like a little adventure each time
- took a lot of pictures there + posted some of them on social media
- will recommend it to my friends / I'm pretty sure they will like it too

Sample Answer

1. Introduction

OK, I will talk about a tall building. And it is a shopping mall in my hometown. Honestly, it was the tallest building near us.

2. Background

I went there in primary school. And angelababy took me there for lunch. So it had about six floors. Honestly, I was surprised by its height.

3. Main Part

First, it was special because my hometown is small. So most houses have only two floors. Then, the mall looked big. Also, there were many things to do inside. The first and second floors had many clothing shops. I mean, the third floor had electronics shops. Also, the top floor was a food court. Best of all, Fruit Roast Chicken with golden, crispy skin. The truth is, It was delicious.

4. Wrap-up

Anyway, every time I go back home, I visit the mall with Angelababy.

SCENERY – PARK

33. Describe a law on environmental protection

environmental protection | introduced in 2018 | before and after | shared public space | littering

1. Introduction
- environmental protection law
- punishes littering in public places

2. Background
- first learned about this law a couple of years ago
- went to local park with
- noticed: park was a lot cleaner than before
- found out: law was introduced in 2018

3. Main Part
- about what this law does and why I think it matters
- anyone who makes environment dirty / pay a very expensive fine
- might even go to prison
- Before: parks always dirty / people didn't care
- picnics on grass / rubbish everywhere / bottles in lake
- After: everything changed / parks very clean
- old people fishing / young people doing sports
- animals no longer at risk of eating plastics by mistake

4. Wrap-up
- Anyway, really glad this law exists
- the park is a shared public space
- the law made a real difference

My Answer Notes

SCENERY – INDOOR PLACES

35. Describe a person who makes plans a lot and is good at planning

plastic bags | in advance

1. Introduction
- best friend Angelababy / really good at making plans

2. Background
- roughly two years ago / first noticed this
- planning road trip to White Cloud Park
- everyone else: let's go / Angelababy: started making a list

3. Main Part
- about what she planned and how it all came together
- what she planned
- snacks + drinks for whole group
- guitar / singing contest at park
- plastic bags for rubbish / keep park clean
- compare with other trips
- previous trips: no planning
- food finished / things forgotten / mess left behind
- Angelababy's trip: completely different / everything went well
- arrived at park / perfect picnic by lake
- ducklings on water / eagles in sky / everything we needed

4. Wrap-up
- Anyway, good planning really does make everything better
- because of her: started making lists before trips

My Answer Notes

37. Describe an item on which you spent more than expected

Keyword Skeleton

0. Key Words

battery life | second-hand | electronics shop | MacBook | laptop | tiny budget

1. Introduction

- a MacBook / spent way more than I originally planned

2. Background

- about three months ago
- my old Windows laptop broke / screen was damaged
- needed to buy a new one / went to an electronics shop nearby

3. Main Part

- at first I only wanted a cheap second-hand laptop
- the shop owner was really friendly and showed me a new MacBook
- he told me the newest model has really long battery life
- I changed my mind and decided to buy the MacBook instead
- it cost much more than I planned to spend

4. Wrap-up

- it turned out to be a really good choice
- love using my MacBook every day
- worth every penny

Sample Answer

1. Introduction

OK, I will talk about buying my MacBook. I spent more money than I planned.

2. Background

It was three months ago. So my old Windows computer broke. So I went to a small electronics shop near my home.

3. Main Part

First, explain my first plan. Also, I am a student with little money. Then, I only wanted a cheap second-hand computer. Then the shop owner changed my mind. He was friendly and patient. And he explained the difference between MacBook and Windows. Also, he said a MacBook lasts ten hours. My old one only lasted three. Best of all, the ten-hour battery life. It changed my study life. And I believed him. But the MacBook was too expensive. The truth is, my friend Angelababy lent me money. In the end, I bought it.

4. Wrap-up

Anyway, it was a good choice. Honestly, I love my MacBook daily.

SCENERY – INDOOR PLACES

36. Describe a home that you like to visit, but do not want to live in

Angelababy's home | two floors | modern kitchen | backyard garden | apple trees | save money

1. Introduction

- a home I love visiting / but wouldn't want to live in / my best friend Angelababy's house in the countryside

2. Background

- first went there about two years ago / have been back a few times since, / because I always enjoy it

3. Main Part

- best part: waking up one morning + seeing her mum picking fresh tomatoes straight from the garden for breakfast
- let me describe the house
- with two floors + is really spacious, with a modern kitchen, a large living room + a huge TV
- everything is so comfortable + well–designed that it feels lovely as soon as you walk in
- about my favourite part, it has to be the big backyard garden
- her family grows their own vegetables + fruit out there / carrots, potatoes, tomatoes + apple trees / so they hardly ever buy anything from the supermarket, which saves a lot of money
- the tomatoes especially were so red + juicy that you could taste the difference instantly
- loved the idea of fresh vegetables every day

4. Wrap–up

- an amazing house, though I still wouldn't want to live there, mainly / because the countryside is too far from the city + hard to travel around
- took a lot of pictures there + posted some of them on social media
- will recommend it to my friends / I'm pretty sure they will like it too

My Answer Notes

TECHNOLOGY

38. Describe a piece of technology (not a phone) that you would like to own

not focused

1. Introduction

- MacBook / Apple laptop / very popular

2. Background

- roughly three months ago
- Angelababy bought brand–new MacBook
- tried it for a while / huge fan right away

3. Main Part

- about why MacBook is so much better
- problems with my current laptop
- current laptop: Windows / used over three years
- battery life terrible / full charge only about 3 hours
- why MacBook is so much better
- single charge: more than 10 hours / no charger needed
- also perfect for student / can't run most games
- less distraction / focus on schoolwork

4. Wrap–up

- Anyway, love the MacBook / still saving up
- maybe buy a second–hand one instead

My Answer Notes

TECHNOLOGY

39. Describe a person who often helps others

laptop

1. Introduction
- friend Angelababy / helps others / asks nothing back

2. Background
- known her about two years / classmate
- saw how helpful she was: new laptop problem

3. Main Part
- about how she helped me
- she explained everything to me
- almost nothing about computers
- Angelababy came with me to electronics shop
- explained MacBook vs Windows in detail
- battery life / performance / good for students
- really patient / long time / never complained
- she lent me money
- MacBook over my budget
- Angelababy offered money right away
- big smile / felt really good about it

4. Wrap-up
- Anyway, rare kind of friend
- really glad to have her in my life
- try to help others the same way

My Answer Notes

TECHNOLOGY

40. Describe an advertisement with a famous person in it

MacBook Air | battery life | old Windows laptop | advertisement | Jiang Wen | famous face

1. Introduction
- an advertisement that really stuck with me / a MacBook Air ad with the famous Chinese actor Jiang Wen

2. Background
- about two years ago, when scrolling through my phone one evening / this ad popped up with Jiang Wen as the famous face

3. Main Part
- best part: how thin + light it actually felt in my hands
- let me tell you what the ad was like
- it followed Jiang Wen through his daily life / travelling around + working in a café / + the whole time he had this thin, light MacBook with him, which looked so easy to carry / the battery lasted all day
- about my reaction, sold almost straight away
- best part: just how impossibly thin + light it looked compared to my clunky old Windows machine
- back then had an old Windows laptop that was heavy, slow + always needed a charger, so when the ad finished, I thought, "that's it, I'm getting a MacBook." + I did / it's much lighter / the battery is no problem at all

4. Wrap-up
- that ad completely changed the way I use my laptop / I'm still using the MacBook today
- it's one of the best decisions I've made

My Answer Notes

TECHNOLOGY

41. Describe a time when you had a problem with using an electronic device

old Windows laptop | MacBook | grades improved | overheating | Angelababy

1. Introduction
- had some difficulties using a MacBook / wasn't used to it

2. Background
- roughly one year ago / needed a laptop for school
- my good friend Angelababy recommended me to buy a MacBook
- never used a MacBook before / very different from Windows

3. Main Part
- about what the problem was and what I tried to fix it
- the problem: gaming
- I was a big gamer / used to play games every day
- old laptop was Windows / no problem downloading games
- after I switched to MacBook / tried many ways to download games
- but MacBook wouldn't allow it / really difficult for me
- how I tried to fix it
- asked Angelababy for help
- she said: that's something special about MacBook
- MacBook: not for gaming / for studying and working
- can't play games / less time wasting / study more

4. Wrap-up
- Anyway, the problem was never fully fixed / MacBook still doesn't run games
- but that meant no more distractions / more time for studying
- grades went up a lot / so in a way, this 'problem' actually helped me

My Answer Notes

TECHNOLOGY

42. Describe a challenging technological problem you faced

MacBook | not focused | Angelababy

1. Introduction
- a tricky tech problem I once had / basically, I couldn't get used to my new MacBook at all

2. Background
- about a year ago, when I needed a laptop for school + my good friend Angelababy told me to buy a MacBook
- i'd never used one before / it felt completely different from Windows

3. Main Part
- best part: the freedom it gave me
- let me tell you my biggest headache, which was gaming
- used to be a big gamer / I played almost every day / my old Windows laptop handled games with no trouble
- but once I switched to the MacBook, I tried everything to download games / it just wouldn't let me
- what I missed most was just being able to load a game without hitting an error message
- so frustrated, / because back then kind of addicted
- about how I dealt with it, asked Angelababy / she said that's the point of a MacBook / it's not for gaming, it's for studying

4. Wrap-up
- never really fixed the problem, / but I'm used to it now / my grades have improved a lot

My Answer Notes

TECHNOLOGY

43. Describe a time when you sent a message or email to someone but received no reply for a long time

battery life | message | laptop | computer games

1. Introduction
- a time when I sent a message to my friend Kunkun / but did not get a reply for a long time
- asked him which laptop to buy, / because he knows a lot about computers

2. Background
- about two months ago
- could not decide between a Windows laptop + a MacBook
- so I sent him a message that morning
- but he did not reply
- waited for hours + kept checking my phone

3. Main Part
- later found out: he took so long
- doing research for me the whole day
- compared Windows + MacBooks / checking battery life, performance / price
- found that MacBooks can't run most games
- best part: his concern about keeping me focused on studies instead of getting not focused
- thought that was good for a student like me, mainly / because would not waste time gaming
- best part: how he actually sat down + looked at every single detail, like he really cared about getting it right for me
- also found the battery life was great, so would not need a charger

4. Wrap-up
- replied that evening with a detailed answer
- bought the MacBook / glad he helped me

My Answer Notes

TECHNOLOGY

44. Describe a time when you changed an important opinion of yours

battery life | laptop | MacBook | computer games | changed my opinion

1. Introduction
- about half a year ago / changed my opinion about which laptop to buy
- originally wanted a Windows laptop / but finally chose a MacBook

2. Background
- I needed a new laptop for school
- at first / I wanted to buy a Windows laptop
- the reason: Windows is cheaper / can play computer games / most classmates use Windows

3. Main Part
- about why I changed my opinion
- I asked my friend Kunkun for advice / he knows a lot about computers
- he did a lot of research for me / compared Windows and MacBook
- told me: MacBook has much better battery life / no need to bring a charger every day
- also: MacBook can't run most computer games
- he said: actually this is a good thing for a student like me
- I won't waste time on games / can focus on studying
- I thought about it carefully / realized he was right

4. Wrap-up
- Anyway, I'm glad I changed my opinion and bought a MacBook
- the battery lasts all day / very convenient for school
- sometimes it's good to listen to other people's advice

My Answer Notes

45. Describe a child who loves drawing/painting

Keyword Skeleton

0. Key Words

drawing | hard-working | ducklings

1. Introduction

- my neighbor / a little girl called Angelababy / about 10 years old
- crazy about drawing

2. Background

- about two years ago
- + her family moved into our neighborhood
- such a cute little girl / we started spending time together often
- then found out she was really into drawing

3. Main Part

- she draws cartoon characters from her favourite shows
- her drawings are full of bright colours
- she once drew a picture of our whole street
- she practises drawing almost every single day after school

4. Wrap-up

- truly believe she'll become a great artist one day
- every time I look at her drawings, think of her

Sample Answer

1. Introduction

OK, I want to talk about a girl near my home. Also, she is crazy about drawing.

2. Background

It was about two years ago. And her family moved into our neighbourhood. Then at first, she looked shy. But soon I found out she loved drawing.

3. Main Part

First, she likes drawing cartoon animals. Also, I remember one picture clearly. After that, it showed an eagle in the clouds. And there was a lake below it, with tiny ducklings on the water. I mean, the eagle's wings had many small lines. So it looked almost real. Honestly, I was amazed. After that, I asked how she got so good. So she said she practised at six every morning. I mean, at night, she checked her drawings again.

4. Wrap-up

Anyway, I believe she will become a great artist one day. Then when I see her drawings, I think of her.

ART AND MUSIC

46. Describe an event you attended in which you didn't enjoy the music played

music festival | song words | not my style

1. Introduction
- our school's music festival / honestly a really bad experience for me

2. Background
- about five months ago
- didn't know about it until my classmate Angelababy told me
- went along / because bored that day
- but it turned out to be really disappointing

3. Main Part
- most of the songs were slow romance songs with long song words
- I could not understand most of the words at the time
- the music was just not my style
- I almost fell asleep during the last few songs

4. Wrap-up
- still prefer rap / that will never change
- my English is much better now / maybe I'd enjoy it more today
- but I still prefer rap / that will never change

My Answer Notes

ART AND MUSIC

47. Describe an occasion when you were not allowed to use your mobile phone

picnic + singing contest | collected | uncomfortable | tradition

1. Introduction
- a class picnic at a local park / our teacher took away everyone's phones

2. Background
- about two years ago / first year of high school
- our class had a picnic at a park near school
- before we started, the teacher made a rule: no phones

3. Main Part
- the teacher collected all our phones in a big bag before we started
- at first, everyone felt a bit strange without their phones
- instead, we played games and had a singing contest
- it turned out to be one of the most fun afternoons that year

4. Wrap-up
- sometimes putting the phone away is the best thing you can do
- think this should become a class tradition

My Answer Notes

49. Describe a famous person you would like to meet

Keyword Skeleton

0. Key Words

national team | training plan | low-calorie | volleyball

1. Introduction

- angelababy / a well-known volleyball player on the national team
- she's from my hometown

2. Background

- when in high school / not really into sports at the time
- a classmate asked me to watch a volleyball game on TV
- angelababy was playing / really amazed by how she played
- then became a big fan of hers

3. Main Part

- she trains every day and follows a really careful diet
- I read she only eats low-calorie food before big games
- she became a skilled player after years of hard training
- I started watching volleyball games just because of her

4. Wrap-up

- meeting her would honestly be a dream come true
- if that happens, I'll definitely try to meet her in person

Sample Answer

1. Introduction

OK, I want to talk about a famous person I want to meet. She is Angelababy, a volleyball player from my hometown.

2. Background

When I was in high school, I was not into sports. One day, a classmate asked me to watch a match on TV. Then I saw Angelababy play. I was amazed, so I became a big fan.

3. Main Part

First, I want her help with my training. I also play volleyball, but I do not improve much. So I want her to make a better plan for me. After that, I want to know about her diet. She eats healthy food, and it is also nutritious. That is why she stays in great shape. Also, the way she looks is inspiring.

4. Wrap-up

Anyway, meeting her would be a dream come true.

ART AND MUSIC

48. Describe a friend from your childhood

finger–licking good | Fruit Roast Chicken | mouth–watering | recipe | tour guide | hang out

1. Introduction

- my best friend Angelababy, who has been my friend since childhood / we first met in primary school, when we were about seven

2. Background

- that on the first day of primary school she sat right next to me, so we became deskmates / later we became neighbours too, which meant we hung out together all the time

3. Main Part

- let me tell you what we often did together
- even as a little child she was really into cooking; she cooked for her whole family + taught me lots of recipes
- one example was her Fruit Roast Chicken / chicken cooked with fresh fruit / which sounded really weird / two hours later really delicious + tasty
- best part: the sweet sauce mixed with perfectly roasted meat
- about the other thing we loved, we often travelled around our hometown together, visiting parks + historical places like the White Cloud Temple / / because she knew so much history, she was basically my personal tour guide

4. Wrap–up

- we're still great friends to this day / we're actually planning another trip together this summer

My Answer Notes

SPORTS

50. Describe a live sports event you watched and liked

school competition | class team | people watching | team player | work together | role model

1. Introduction

- a live sports event I watched + really liked / a school volleyball game between two classes

2. Background

- about last year, when my friend Angelababy, who was on her class team, invited me along to watch

3. Main Part

- let me explain why there
- wasn't a big sports fan back then / I didn't understand the rules of volleyball
- main reason: Angelababy was playing / I knew how hard she trained, so wanted to support her
- about what I took away from it, really impressed by her: she was a great team player, a strong leader with good communication / she was so selfless that she kept encouraging the whole team to work together
- best part: when we were losing, she cheered up her teammates instead of looking frustrated
- those are valuable qualities / she became a role model for all of us

4. Wrap–up

- exciting from beginning to end
- can't wait to watch another live game like that

My Answer Notes

51. Describe a movie you watched and enjoyed recently

Keyword Skeleton

0. Key Words

Rush Hour | Jackie Chan | furniture as tools to fight | kidnapping | gangsters

1. Introduction

- rush Hour / a Hollywood movie with Jackie Chan

2. Background

- about two weeks ago
- my best friend Angelababy told me about it
- we watched it together after dinner at my place

3. Main Part

- the story is about some gangsters who kidnap a girl
- Jackie Chan uses furniture and everyday things to fight them
- the movie mixes action with a lot of comedy
- we laughed the whole time we were watching it

4. Wrap-up

- it's one of the best movies I've seen in a long time
- can't wait to recommend this movie to my friends as well
- i'm looking forward to watching the other Rush Hour movies in the future

Sample Answer

1. Introduction

OK, I will talk about a movie I enjoyed recently. And it is Rush Hour, starring Jackie Chan.

2. Background

It was about two weeks ago. Also, Angelababy told me about it, and we watched it after dinner at my place.

3. Main Part

First, the plot was simple. So Jackie Chan plays a Hong Kong police officer. Also, a rich man's daughter is kidnapped. So Jackie goes to the US to save her. I mean, there he works with a US officer to catch the bad guys. Then I enjoyed it because Jackie mixes comedy and action. And most action movies are serious, but Jackie is funny and creative. Best of all, this office fight where he uses chairs and tables as weapons. Honestly, it was so creative and funny. That is why I liked this movie.

4. Wrap-up

Anyway, it is a great movie I have seen. That is why I recommend it to film fans.

52. Describe a person you know who would like to choose a career in the medical field (e.g. a doctor, a nurse)

Keyword Skeleton

0. Key Words

food doctor | healthy food | low-calorie | too heavy | diet plan

1. Introduction

- friend Angelababy / she wants to become a food doctor in the future

2. Background

- about two years ago, a bit too heavy + had no idea what to do
- angelababy gave me some useful advice / that was when I realised how much she knew about healthy food

3. Main Part

- told me my approach was all wrong
- the truth is, starving myself / because I thought the quickest way
- but angelababy said that is a big misunderstanding / if you don't eat, you will get hungry, then you will lose control + overeat
- instead: she said I should eat low-calorie food that is also healthy + delicious / like fruits, vegetables / seafood
- best part: how her suggestion about seafood + vegetables proved genuinely satisfying + guilt-free
- could eat as much as I wanted + still would not gain weight

4. Wrap-up

- followed her advice + it really worked / I lost a lot of weight
- sure she will become a really successful food doctor one day

Sample Answer

1. Introduction

OK, I will talk about my friend Angelababy. Also, she wants to become a dietitian.

2. Background

It was about two years ago. Honestly, I was overweight. But I did not know what to do. So Angelababy gave me useful advice. So that was when I knew she understood nutrition.

3. Main Part

First, she told me I was doing it wrong. That is why I was skipping meals because I thought it was fastest. But Angelababy said that is a big mistake. The thing is, if you do not eat, you get hungry. Then you eat too much. Also, she said I should eat food that is healthy. For example, fruits and vegetables. Best of all, I could fill my plate and not worry about calories. And I could eat a lot and still not gain weight.

4. Wrap-up

Anyway, I listened to her and it worked. Then, I lost a lot of weight. And I believe she will be a good dietitian one day.

HEALTH GOAL

53. Describe a long-term goal or ambition you would like to achieve

lose weight | healthy food | fruit and vegetables | 30 lbs | bad diet

1. Introduction
- a long-term goal / want to lose 30 pounds / I plan to do it in about a year

2. Background
- this started about a month ago
- friend Kunkun told me too heavy
- felt embarrassed, though I knew he was right
- so I decided to make a change

3. Main Part
- at the beginning, my plan was extreme
- thought I should just stop eating
- but kunkun knows a lot about healthy food
- told me that was a bad idea
- said if I keep going hungry, I will feel so bad that I will stop trying
- instead: he told me to eat more fruits + vegetables, / because they are healthy + delicious
- would not feel hungry at all
- best part: how he made it all sound so simple / instead of starving myself, I just swap the bad food for fruits + vegetables
- key point: that simple switch / from suffering to actually enjoying what I eat
- said the key is patience / the weight will come off slowly if I keep going

4. Wrap-up
- decided to listen to Kunkun
- no more extreme dieting
- will eat healthy food + be patient
- believe I can reach my goal in a year

My Answer Notes

HEALTH GOAL

54. Describe a person who met difficulties but succeeded

lose weight | skip meals | healthy food | fruits and vegetables | never stopped trying

1. Introduction
- friend Kunkun, who really wanted to lose weight
- hard at first, / but in the end he succeeded

2. Background
- about a year ago, when Kunkun decided to lose weight
- at the start, he tried to do it by skipping meals / sometimes he only ate one meal a day, so he felt hungry + tired all the time + almost wanted to stop trying

3. Main Part
- best part: how he got so excited about this one special salad he'd eat every lunch / like, it wasn't boring at all, so he stuck with it
- read a healthy food book + realized skipping meals was actually bad / because your body stores more fat instead
- so he switched to eating lots of fruit, vegetables / low-fat foods
- the variety was amazing / honestly, the food tasted good, so he never felt hungry
- on top of that, he'd do sports every morning at six / gradually he lost weight week by week
- just this simple combination / better food choices + exercise / that really made the difference for him

4. Wrap-up
- in the end Kunkun lost all the weight he wanted / I really admire him for not giving up
- taught me that when one method doesn't work, you should try a different way

My Answer Notes