



Sample Speaking



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Food and Diet

Talk about your favorite food.

You should say:

- what the food is
- what it is made of
- why you like it

and explain why it is your favorite food

Model Answer

There are a lot of foods I like. It is quite difficult to think of one. So, let me talk about a popular menu in my country which is one of my favorite foods also. It is steamed/plain rice and chicken adobo. "Adobo" is the local name. Adobo can be beef, pork, chicken, fish or even vegetables but I like the chicken adobo particularly.

I will talk about how I cook my very own chicken adobo. A small amount of oil is placed in a heated pan. Then, sauté (fried quickly in a little hot fat) garlic until it turns golden brown. Add in onions. Add the chicken and sauté until it turns a little brown. Pour in about 2 cups of water and let it boil. After about 30 minutes, add about 2 spoonful of sugar, whole peppercorns and let it simmer. Then add about one fourth cup of so sauce and let it boil for about 5 minutes. Then it is done and ready to be served. You may also add some vegetables like potatoes or fruits like banana or pineapple.

I like it because it is easy to prepare and it is very delicious. I am not quite sure about its nutritional benefits but I am sure that we can get some nutrients in it too, especially if vegetables are added.



This recipe is common in my country and I eat it about three to four times a week. I like it because it does not require much effort to prepare and it is also not expensive.

Part 3

1. Tell me about the types of food that people eat in your country (What foods are popular in your country?)

In my country, the Philippines, rice is a staple food. We eat rice for breakfast, lunch and dinner. Rice comes with different kinds of viand (piece of food, or a tasty dish) such as pork, beef or chicken cooked with vegetables or fruits and other ingredients. Since my country is located in the tropics, tropical fruits are also popular here especially mangoes. They say that the best mangoes can be found in the Philippines. We also like to eat bread for breakfast or for snacks.

2. How are the eating habits now in your country different from eating habits in the past?

I think people's eating habits have changed in the past years. Nowadays, there are already a lot of fast food restaurants. Processed foods have become popular as well. I think people these days don't eat as much healthy foods compared in the past. Also, I think people in the past are more concerned of eating at the right time. However, nowadays, people tend to skip meals because of several reasons such as dieting, busy schedules and etc.

3. How healthy is your country's food?

It is the choice of the people whether to eat healthy or unhealthy food. In my country, there are many choices of healthy food especially vegetables and fruits. However, I don't think that people eat much healthy foods nowadays because of the presence of fast food and processed foods. Also, many dishes in my country is usually greasy and salty which I think are not very healthy.



Friends

Describe a new friend you've made recently

You should say:

- Who the person is
- What kind of person he/she is
- How you met this person

And explain why you made friends with him/her

Model Answer

I am going to talk about Mrs. Kim who is a lovely lady that I recently **befriended**.

I started **college life** 3 months ago and on my first day of school I was unable to **navigate my way to** my new university where I was studying. Google Maps wasn't really as helpful as I thought it would be and I couldn't **figure out the way** by asking the locals either. So, after many hours of **wandering around**, I finally **resorted to** asking a lady who was selling noodles from a food cart near where I was standing. I asked the lady if she knew the way to the HCMC University of Education, and she just smiled and pointed at the large, five-story building across the road. **Turns out** I was there **all along!** So, after thanking the lady, we had a little chat and I found out she also came from Ninh Thuan, which is my hometown! We immediately became good friends and now her food cart has become my favourite **lunch spot** whenever I'm at university.

So I guess the main reason that Mrs. Kim and I have become good friends is basically because I think she's a really sweet lady. As I've gotten to know her better I've realized that she's had quite **a tough life**, yet she has managed to maintain a sweet and gentle personality that many other



women who have been through struggles like her would have lost by now. I guess the other reason we get on so well is because we share the same hometown, and I tend **to get on well with** people from my hometown. Sometimes I think the best friendships are made so unexpectedly.

Part 3

1. Do you think childhood friendship can last for long?

Yes, I truly believe that childhood friendship can last forever since in childhood, we make friends without any condition or selfishness. Being a child, one is innocent and thus, one is able to find friends according to one's liking and disliking. However, in adulthood, there are a number of factors that are responsible to choose someone as friend, for example, appearance, status, wealth etc.

2. Is it important that people should have good friendship while at work?

Definitely, it is essential for people to have friendship at the workplace because if you are being treated as a good friend, you can work better being surrounded by a positive work environment. It is even important for those employees who work in teams as they are able to achieve their targets and goals if they know each other well being friends.

3. Do you think companies should let the employees gather together for socializing in order to be successful?

Yes, I think that companies should allow the employees to socialize with each other because in this way, they are able to understand each other well and they would be able to work in stress-free environment as well as able to effectively achieve their targets set on their jobs. For example, employees of some companies discuss about projects during their lunch hours and since they mix up well, they are able to deliver their best at work.

4. Did you ever see a celebrity in your life?

Yeah, I happened to see a celebrity recently in a music show. I got the chance to see the famous singer Arijit in his music performance in a big hotel in Mumbai. Since I am his big fan, I bought tickets for his show and was able to see him performing live among the audience. It was such a mesmerising performance that I would never be able to forget this moment in my life.



5. Do you remember the friends you had made in childhood?

Yes, I very well remember my childhood friends. They are actually in touch with me every time through social media channels such as Facebook, Twitter and WhatsApp. A number of times we meet together in family functions and festivals to celebrate. The kind of friendship we had since childhood, we cannot forget at all and we would continue this in the future as well.

6. Is it easy to make friends now as compared to the past?

I think it is comparatively easy to make friends now as compared to the ancient times when there never used to be so much technology available and the mode of communication had no existence at all. But now, you have social media websites where you can make new friends within seconds. For example, Facebook is the website where people send requests to each other and become friends in no time.

7. What are the important qualities of a good friend?

A good friend should, first of all, be trustworthy and honest. If you cannot trust someone, he cannot be your true friend. Apart from these qualities, a friend should be understanding and helpful so that he can help you at the time you face any difficulty or troublesome situation in your life. Let's say, if you need money, a good friend would help you with the money you can borrow at the time of financial constraints.



Learning

Talk about a person who taught you something.

You should say:

-

Model Answer

Response – Most people would like to talk about their teacher by I would say that I was taught something very valuable by my grandmother.

Her name was Kathleen and she was **tiny yet a fiery, outspoken** and **opinionated** woman. She had led a life of struggle and was determined that her children and grandchildren would never have to face the same. **My fondest memory of her** teaching was the winter nights of Christmas holidays. Both of us we **bundle up under the blankets**, begin our customary reading of the great English Classics.

I remember her reading Dickens' "A Christmas Carol" to me once. That day she taught me that **selfishness may get you somewhere** but you are **nothing without kindness**. She taught me that being generous even when you could not afford it, was **the sign of true courage**. I was quite young to **fully comprehend the magnitude of these teachings**.

But, when I lost my wallet in the dead of the night on a trip last year and only somehow managed **to survive on another's kindness** I realized how true it was. It turned out that the people who helped me reach home, were a family of four whom I had saved the year before on a similar night by giving all my money



so that they could **fill their hungry stomachs**. They had now opened a roadside restaurant.

Part 3

1. Is higher education too expensive in your country?

I think that it is very costly to go into higher education in my country. They recently hiked the prices up, making it extremely difficult for most people to afford it. On the one hand, spending thousands on an education is worth every penny, but on the other hand, it can bring years of debt to a student and their family. In today's society, no one is guaranteed to get a good job straight after university, so these course fee debts often continue to follow people around for life.

2. What role should the teacher have in the classroom?

The primary role of a teacher should be to teach his/her students the curricular lessons of the school. But, at the same time, a teacher should also act as a "mentor" or "role model" in the classroom so that his/her students can learn many other important "lessons of life", such as the value of discipline, punctuality, hard works, honesty and respect for others, from him or her. In fact, the role of a teacher in the classroom should also include teaching a student how to become a decent and responsible member of society. A good teacher doesn't just teach what is written in the books but also what is not "written" on the books sometimes.

3. Do you think computers will one day replace teachers in the classroom?

I wouldn't really like to think that computers will and should replace teachers one day in the classroom because students require "human touch" to behave and act like a "human" in the real world unless, of course, we want our children to become like "human-robot". A computer can certainly teach students how to become "smart" in the classroom, but it won't probably be able to tell when to behave like one. A computer won't certainly be able to teach many other "real-world" human behaviours, emotions and moral disciplines to students in the classroom like a human teacher.

Neighbor

Describe your neighbor

You should say:

- When you two become neighbours
 - how often you meet him/her
 - State whether your neighbour is a good person
- and explain why you like/ dislike this neighbour

Model Answer

I'm lucky, I've got good neighbours. I'm going to tell you about just one of them, when we met, how often we meet and why I think he is a good neighbour who I like very much

I live in an old house which has been converted into about eleven different flats and bedsits. I live on the top floor, which is actually the modernised attic space of the original building, there is just one other flat in this roof area. To get to my flat, and that of my immediate next door neighbour, you have to go up a back stairway that was probably originally the servants' staircase, I think what is now my flat and that of my neighbour's too, must have been at one time servants' quarters. This means that our doorways are directly opposite one another, and we are the only people who use this entrance to the building

I moved into the flat I live in about five or six years ago now. It is a rented flat. At that time the flat opposite me was empty, but a few weeks later I met a woman a little bit older than me who was busy cleaning just inside the flat, but with the door wide open. I paused to introduce myself and talk to her. She was really friendly, and I found out it was her son who was to be my new neighbour, she was just helping him to move in. A bit later he, Oliver, turned up too. He was new



to the area, so I explained where all the local shops were, when the rubbish was taken out and various other little details about the practicalities of living in the property. A couple of days later he knocked on my door and called round for a chat. We found we got on really well. We have a very similar sense of humour, a shared (but slightly half-hearted) interest in running, and a mutual appreciation of good food – I could recommend the deli over the road to him as a source of lovely upmarket cheeses, olives and home-made lasagne and delicious pasta and pesto sauce too. We also both have an unfulfilled wanderlust, always plotting our next journey. He is off to Australia soon, lucky him

Given how close we live together, our front doors face directly onto one another, we see each other incredibly rarely. We both have busy lives, working full time but different hours. At weekends I tend to be out and about, and he'll often disappear for the weekend to stay with his girlfriend. Even so, whenever we do meet, it is always friendly, we make each other laugh. We often end up having long conversations just chatting in the hallway outside our front doors. I probably see him only once a fortnight or so, but we leave each other notes too from time to time if we need help with anything

Oliver is a great neighbour because I know I could call on him if I needed to. We will always help each other if we can. I dug his car out of the snow for him once as he didn't have a shovel, but he's returned the favour in other ways, taking in parcels for me when I'm away for example. Because I live on my own it is really important to me to have a neighbour close by that I trust and like. I was really sad when he told me he was planning to emigrate. I was also really pleased for him, you have to wish someone well when they are following their dreams. I hope my new next-door neighbour is half as nice

Part 3

1. Describe practical things people can do to help their neighbours.

People often ask their next-door neighbours to look after their houses when they are away for a few days. It's also quite common that citizens sometimes rely on neighbours to pick their children up from school if they are too busy at work. If someone is celebrating a big event, it's common for neighbours to pitch in and help them prepare. When my motorbike has broken down in the past, I've gotten help from my neighbours in repairing it.



2. Explain why neighbours should help each other

Because it's of mutual benefit I suppose. Everyone can run into a problem out of the blue where they are in need of help from other people. In that event, neighbours are the best choice as they live nearby and are able to give instant support. But this kind of help is two – way, you have to be willing to help others if you're going to expect help yourself. I also think being helpful towards your neighbours helps to foster a sense of community and makes people feel more secure in the place they live.

3. Consider whether people in small towns help each other more than people in cities.

I would say it's true. An intimate bond of community seems to develop more among people living in small towns and the countryside. In Vietnam, people in villages mainly engage in farm work that enables them to meet each other on a regular basis. As a result, they tend to know each other better and get along well and help each other with errands. There are also far fewer people living in the villages, so everyone tends to know everyone else and this familiarity makes it more likely that they will help one another. In cities, on the other hand, urban citizens often don't even have time to talk to each other as they're at work all day. Additionally, most apartment buildings in big cities designed with separate rooms might become obstacles for people to easily communicate with their neighbours.



Person you admire

Describe someone that you admire.

You should say:

- who he/she is
- why you admire him/her
- when you first saw him/her

and explain how he/she has influenced the way you think.

Model Answer

Of course, I think very highly of all the teachers that I have had. But the person whom I particularly admire is one of my ex-teachers from university. Her name is [...]. She's such a wonderful and talented lady whose values influenced me a lot. Now, she's known as an authority on Persian language. I had the privilege to meet her when I was twenty years old. She really encouraged me to write.

The reason why she is so special to me is that she helped me a lot broaden my horizons through literature and taught me how to analyse contexts and made me love literature- that's something really hard. Because I really didn't like literature, but she was the person that really encouraged me to be interested in Persian literature. And I think I had the chance to have her as a teacher because she really helped me see the world in a different way and expand my world view.

And I think what she really brought me was the connection between literature and life, in the way that they are very similar, and in the way that they can be very different. So we interpreted life in a different way from that perspective.



Part 3

1. Do you think people who are famous are more admired than others?

On an average, I think you're likely to find that you consider at least most of them good, generous, hospitable, caring people. You might be tempted to think those people really are just 'better' people, because maybe being a 'better' person makes you more likely to be rich and successful. You would be wrong. The truth is that being successful makes people see you as a better person. Why? Because our brains are hard-wired to indiscriminately make the assumption that good things happen to good people and bad things happen to bad people.

2. Which celebrities, according to you, should be admired more? Politicians, authors, sports person or movie star?

In my perspective, if any celebrity is genuinely concerned about the well being of his fellow humans and goes out of the way to contribute towards their welfare, then he or she deserves to be admired irrespective of the field he or she is in.

3. Do you think that scientists or army men should be admired more?

Both scientists and the army men deserve to be admired and recognised for their selfless service to their countries. Only men and women of high calibre can be in these positions and hence we need to be indebted to their services.

4. Do you think people also see the weaknesses of the people they follow or they just avoid them?

As human beings each and every one of us has got our own strengths and weaknesses. The same is true in the case of celebrities too. If a person has attained celebrity status through his good nature, then his or her fans try to overlook his or her weaknesses too and don't make a big deal out of it.

Present - Gift

Describe a present you received which was made by hand

You should say:

- what it was
- what it was like
- who gave it to you

and how you felt about the present

Model Answer

I'm going to tell you about a sweet and romantic period of my life- the story about my first boyfriend! I was 16 at the time and completely **smitten (in love)**. Since neither of us worked at the time, we would always make each other gifts for special occasions, such as anniversaries, birthdays, or the holidays. I'll tell you about one gift that I'll never forget.

He made me a **collage (art made with several cut up pictures)** of all the stages of our friendship and relationship. He must have gone to a print shop to print out all these pictures that carefully cut them out and made a tasteful wall collage with them. The special part of the gift was that he formed the letters of our names out of pictures, Anna and Dave. I thought this was a really creative way to celebrate our love.

Looking back, this gift is a bit **corny (foolish or not tasteful)**, but at that time I felt completely **blown away (really happy and surprised)** by it. We had been friends since we were children, so we had a ton of memories together. Furthermore, our relationship was 4 years long! I liked that he was thoughtful enough to put the effort into this kind of gift. Moreover, I felt really emotional looking at the way he told the story of our friendship that turned into love through photos. In conclusion, these sort of acts were the **key to my heart** as a teen girl!



Part 3

1. What is the purpose of gift giving?

People love giving gifts primarily because it is just “customary” to give gifts in order to celebrate on some occasions with her friends and families. However, on a deeper level, we give gifts because it helps to create a stronger bond between the gift recipients and the persons, offering the gifts, by showing their love and appreciation for each other’s valuable role and presence in their lives. Besides, a person exchanges gifts with somebody also because it provides a tremendous psychological boost to the recipient which, in turn, helps strengthen his/her resilience to cope with the adverse moments of life.

2. How has gift giving changed since your grandparents’ time? How?

Yes, I would say that gift giving has changed since my grandparents’ time. Back in those days, people used to give gifts mostly on some special occasions, such as birthdays and wedding anniversaries, but today, one doesn’t really have to have an occasion for it. Besides, unlike in the past, people today expect “personalised” gifts with some kinds of thoughts behind them. Finally, today we can choose a lot more things as gift items which we didn’t have in the days of our grandparents.

3. How important is gift giving in a relationship?

I think that it is absolutely important to exchange gifts in a relationship between partners because it would help cement and carry forward a healthy and loving relationship. Besides, exchanging gifts is not just a simple gesture of appreciation, but giving the right gifts at the right time also shows how much a person really cares for his/her partner or understands his or her partner. Finally, when a relationship goes through some troubling times, a well-thought gift can go a long way to repair the “damage” by bringing the partners closer to each other.

4. What is more important when it comes to giving a gift, cost or effort? Why?

In my opinion, the effort is more important than the cost when it comes to giving a gift. For example, if a person chooses an expensive gift for his or her partner, but the partner doesn’t like it because it just doesn’t go with him/her styles or colour preferences, then the costly gift actually becomes “useless”. On the other hands, if a person gives a lot of thoughts and times in choosing a gift in order to make sure that he/she really understands what his/her partner likes or prefers,

then the gift, no matter how “cheap” it is, would surely go a long way to impress the partner.

5. Do you think that people have become more materialistic when it comes to giving gifts, as compared to your grandparents’ time?

Yes, I would certainly like to think that people have become more materialistic, when it comes to giving gifts, primarily because we are living in a very “materialistic” society. Besides, our culture has grown more commercial, where “gift giving” – expensive gifts that is, has turned into a booming industry. Finally, media these days also play a crucial role in fostering an “unrealistic” expectation among people to buy “perfect gifts” without necessarily understanding the idea of a “perfect gift”.

6. How has modern technology changed the nature of gift giving? How?

Modern technology, like the internet, e-commerce and online shopping, has revolutionized the nature of gift giving by making it fast, affordable and convenient. In fact, we can choose the perfect gifts for our loved ones for any occasion, even if they live in another corner of the world, from the comfort of our homes on the internet and have them delivered to their doorsteps in hours, if not any quicker! The best thing about this modern technology is that we can actually get the opinions on the “gift ideas”, before actually buying them, from our friends and families almost instantly because we can send the ‘pictures’ to them through emails or messenger services. We can even send someone a gift card so that the recipient can choose his/her own gift from a collection of items.



Youth

Describe a positive experience from when you were a teenager.

You should say:

- When and where you experienced it
- What you did
- Who you experienced it with

And explain why this experience was positive for you

Model Answer

I'll tell you about my experience when I had to babysit when I was in secondary school. This experience was a positive one because I had the opportunity to prove that I can be responsible. Also, as a result of this experience, I was motivated to do other relevant things.

You see, I am the youngest person in my family, so I was used to being taken care of instead of looking after others, especially young children. One day, I was asked to look after my neighbour's 3-year-old daughter, as she had an appointment to attend. As I wasn't doing anything that day, I agreed to take care of her child for a while.

I had met my neighbour's daughter before, but I didn't know her. My neighbour told me some important things about eating times, what type of games her daughter enjoyed, but I didn't really listen to what she said.

Anyway, in the morning, things were going well. We played some games and we had a very tasty breakfast. After breakfast, I was so exhausted I wanted to take a nap, but the girl had asked me to continue playing games with her. After figuring out that I didn't want to play anymore, she immediately broke down into tears.

I was so tired, and I didn't know what I could do to stop her from crying. So, I called my neighbour, and I asked what I could do to help calm her daughter down. She advised me to turn on the TV and allow her to watch some of her favourite cartoons. Thanks to her advice, the little girl calmed down, and I had time to rest.

After I had rested and she had watched some of her cartoons, we played another game together. It turns out that the little girl enjoyed having me look after so much that my neighbour has asked me if I would like to babysit in the future. I said yes. Now that I knew her daughter a lot better and I knew how to look after when she was upset. This experience and the other babysitting duties I did, inspired me to become a preschool teacher.

Part 3

1. What type of people influence the young in your country?

People like movie stars, singers, top-class business executives, academics, famous world political leaders, famous scientists and successful sportspersons usually influence the young in our country. Besides, any other successful persons with money and other kinds of power also influence the young in my country. However, it all depends largely on how young people like to see themselves in future.

2. Why is it important to have role models?

We all like to fully explore and utilize our potentials in order to become successful people in our lives, both personally and professionally, except, of course, we don't know how to go about it most of the times. For this reason, it is important for us to have role models in our lives so that we can receive guidance from their values, wisdom, behaviour and actions to overcome the challenges and weaknesses.

3. Do you think the education system in your country influences young people's behaviour?

Answer: Yes, I do think that the education system in my country influences young people's behaviour. Fortunately, we have a great education system in my country that teaches young people to be responsible, honest, compassionate and respectable citizens. But, does it influence all young people in the same way? The answer is "no" because we all live under different conditions, and we all have

different backgrounds and upbringings. So, at the end of the day, it all depends on how we choose to “behave” in a certain situation because we all have a “choice”.

4. What type of person (parents, teachers, friends etc) are best to influence young people’s behaviour?

Ideally speaking, parents and teachers are the best people to influence young people’s behaviour because they are the ones with whom young people spend most of their time when growing up as “children”. And, we all know very well that whatever we learn as “children” at our houses and schools, they are likely to remain with us for the rest of our lives. But, again, it all depends on how much time young people spend with these persons, and what these young people learn from them.

5. What do you think young people will be most influenced by in the future?

I think that in the future, young people would be most influenced by what they see on the internet because they will spend most of their time on it. Besides, it is also possible that the young people will also be influenced by other forms of technology, such as robots, because the chances are robots will teach the students and young people in the future.

6. Who do you believe have more influence on young children – parents or teachers? Why?

In my humble opinion, parents are supposed to influence young children more than the teachers because of biological and emotional attachment. Besides, from the day, a child is born, he or she remains with the parents. So whatever, the parents say or do, the children pick that up unconsciously. Besides, there is a “parents’ fear factor” among the children which make the children learn whatever their parents tell them to do. Finally, parents usually are the “designated legal guardians” of the children, and as such, they have the “right’ to teach their children whatever they find “fit”.

