

**\*Describe something you bought that was difficult to use at first**

**You should say:**

**What it was**

**Where you bought it**

**How you used it successfully**

**And how you felt about it**

高科技产品都可以：手机、专业相机、无线耳机、无线音箱，等

也可以是运动装备：鞋子、包包，越用越好用，鞋越传越舒服

甚至可以是护肤品、美容仪：一开始皮肤不适应，坚持一段时间后越来越好

So, today I'd like to talk about the first time I used my iPhone X. It took me quite a while to get used to the new feature (新功能) of iPhone X.

So, I didn't buy it myself. It was a gift from my parents, and I was very excited/happy/pumped when I got it. Cos, you know, I've been a big fan of Apple products since years ago. I had my iPhone 8 already, and when I started using the new iPhone X, I realized that the major difference was the missing of the "home" button.

**[Tara 老师口语课 -----盗版必究----- Tara 老师口语课]**

iPhone got rid of the "home" button on the screen since iPhone X. There's no physical home button anymore. Instead, to unlock the phone, you just need to glance at (看一眼) your iPhone, and then, swipe up (往上滑) using your thumb (用拇指) from the bottom of the screen. This was so new, so foreign (特别不熟悉的感觉), for me at that time. I guess, I wasn't used to a completely buttonless screen (无按键的屏幕) .

But like I said, I'm a fan. So I just put up with it (忍受它) /I just didn't give up on trying it. And after about three months, I started liking it. I guess, I just formed a new usage habit (form a habit 形成了一个新的习惯; usage habit 使用习惯) for the product.

Now I like it. I think it's convenience and fast. I remember sometimes the home button on my old iPhone 8 would get stuck (卡住), which was annoying. And the new iPhone X wouldn't have issues like that (过去与现在的对比). I guess, "being difficult or not" sometimes is not an objective thing, it's more of a subjective thing, a habit you have (困难与否不是客观感受, 而是主观感受). So yeah, that's the product.

### 其他拓展语料:

Manual: 详细使用说明书

Instruction: 说明书 (往往是比较简单的)

(护肤品的素材) Several months ago, I started using a new skin care product, and it had a very special ingredient that many people wouldn't be able to take at the first time. Some people become allergic to it; some people's skin gets really dry after using it. I was very careless. I should have tried it on my hands first to see what happens. Instead, I applied it to my face, twice per day, every day. A several days later, my skin was peeling off. I had flaky skin on my face. It was horrible...

### Part3

1. What kinds of products do young people think are useful but old people may not?

Uhhmm, mostly high-tech products, like tablets (平板电脑), E-book, robotic vacuum cleaner, any cutting-edge (最前沿) new products might be considered not useful in the elderly's eyes. Because they are not that interested in new things, therefore slower to adapt to the new market, and also many new products are not that age-friendly (年龄友好). And also, young people are more into beauty products, therefore they spend much more money on cosmetics and clothing; whereas older people are more rational on buying these things. Many beauty products are considered to be useless and a waste of money in their views. What else, luxurious brands. Younger generation tend to have less willingness to save money. They just love to burn cash (烧钱). And

many of them love to spend their savings on luxurious products. These are also very useless in older generation's eyes. (罗列, 不用都说, 挑一两个说说)

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2. Do you think product instructions are useful for users to use products better?

Uhhmm, I think they are quite useful. I mean, I usually wouldn't go through the whole book. I just play with the new product based on my experience, and I will check the information I need whenever I have trouble. And the thing is, nowadays, I feel lazy to check the book. Instead, I'll just get online, find a review video about the product, and simply watch it. We didn't have other choices back in the days. We could only read the introduction. But now, We can just watch a video. It's more fun, more vivid, and easier to comprehend/understand. (时间分层)

3. What do you usually do if you don't know how to use the things you have bought?

① go to the introduction/manual book. ② watch online review videos

③ turn to a friend or a family member who is more tech savvy (技术小能手的) than me.

4. Do you think it is necessary to produce many new products nowadays?

No, I don't think it's necessary. I think nowadays, our market is filled with all kinds of products, and it's overwhelming. Some people say it's a good thing because all the new products can stimulate and boost the economy, which is a good thing for the common wealth of the society. But what about the issues of over-consuming and over-producing? These will cause all kinds of waste, on raw material (原材料), transportation, and inventory/storage (存货). And what about the environment? All the pollutions? And another thing is, sometimes, giving too many options to the customers can result in no buying at all. People feel clueless/confused in front of the products, and they might end up not buying anything. (正反正)

**\*Describe an article on health you read on magazine or the internet**

**You should say:**

**What it was about**

**Where you read it**

**Why you read it**

**And how you felt about it**

**(qq 群文件夹里 “音频版词汇集” 里有涉及到健康的部分，可以去查看)**

Today, I want to talk about an article I saw online, it was about a Hollywood celebrity sharing her ideas and opinions about healthy life-style. I liked it a lot, and I want to talk about it.

I read it because I really like that actress. She's in her 40s (40 来岁), and she looks great, she's in good shape. Very healthy, slim and energetic. So, I trust on her opinions on health a lot.

I really agree on what she says in the article. She says, a healthy life-style should include several things, diet, exercise, sleep, stress control and fun. I mean, nowadays, most of the people are focusing on diet and exercise. There are so many vegetarians and vegans, and there are gluten-free (无谷化的) diet and sugar-free (断糖的) diet. When you surf online, you see people sharing pictures of them working out at the gym, or doing Pilates or yoga at home. But then, at the same time, they don't go to sleep until over midnight. They would stay up until 3 am, 4 am, and they are under a lot of stress. So, her point is, these three other aspects are also very important, they deserve more attention (值得更多注意). And I totally agree. (分类讨论, 五类)

**[Tara 老师口语课 -----盗版必究----- Tara 老师口语课]**

When the article talks about diet, it talks about getting all the nutrition so that our bodies can function better. A fully-balanced diet is just like a pyramid, it builds the foundation of our health. The important thing is, we should eat a variety of foods (不同的食物种类 foods 加复数表示种类). Simply, eat a little bit of everything. Exercising is the same thing, keeping training and changing the way you train, but don't over train and hurt your body. Sleeping

before midnight is also very essential, a full 8-hour rest gives you energy and good mood. In the article, it says that stress has been a main reason of causing people illness and depression. So, we should try to have fun with our friends and family, do sports regularly to decompress/loosen up after work/school. Some people even meditate (打坐冥想) every day for 5-10 minutes, before bed, this is also very good. Whatever works for you to release the stress, and find your inner peace. (这段是拓展资料, 也可以选择不说)

I really liked what the article says. I think a healthy life-style requires healthy condition in every part of your life: your nutrition, your sleep, your exercise, your stress control and your fun. Otherwise your life will be unbalanced and unhealthy.

有用的关键词: **sedentary lifestyle** 久坐的生活方式

**People should get rid of a sedentary lifestyle.**

**A sedentary lifestyle can cause healthy risks.**

### Part3

#### 1. What can governments do to improve people's health?

不同的角度: health care system, food industry, water and air quality, sports centre, public education...

- ① Governments should provide a free or at least an affordable public health care system for everybody, every citizen, to benefit from the system.
- ② They can promote healthier food products, for example, reduce costumer taxes on buying healthy food, increase taxes on buying unhealthy food (减少健康食品的买家税, 提高非健康食品的买家税). Like what some governments do with the tobacco. And, there should be regulations on restricting unhealthy ingredients in food, or, at least making the public more aware of the unhealthy ingredients.
- ③ Local government should be responsible of providing clean and drinkable water, and also take actions on preventing air pollution. These are the basic two

things for living. For example, some places have lead (铅, 发音[led]) in the city water. The local government should test the water from time to time to make sure the water is safe. Same thing goes for the air quality.

④ Governments can provide free or affordable sports centres and facilities for citizens to enjoy their workouts. Like parks, gym, swimming pool.

⑤ Finally, public education is also very important. Raising the awareness of living a healthy lifestyle is also something that governments can do. For example, teaching the public what to eat. Many people don't even have the idea of a fully-balanced diet. (罗列)

## 2. What activities can school organize for children to keep fit?

### 参考上一题

Schools can host lectures about healthy diet, to teach children how to eat properly. Many schools are actually offering classes about food education. And, sports competitions are also very good events to organize. Children should run, sweat and do sports to keep in shape, to keep fit, both physically and mentally. And another thing is, schools can provide classes or activities about anti-anxiety, to help children decompress. Because students nowadays are under a lot of stress. Some school are equipped with "screaming rooms" or "relaxing rooms" for students to scream and yell, in order to decompress. I really think mental health is equally important for children, for everybody. (罗列)

## 3. How can you tell whether a website is reliable or not?

When it comes to very important information, I would always check the organization or the institution that is running the website. I would trust the information more if the website is run by government agencies, non-profit organizations (NGOs), or colleges and universities. And then, I will check the date of last update of the website, make sure that the contents are up-to-date (最新的). And another thing I might do, is to check the reviews on this website from other people, to see if there're any major problems. Sometimes, even the look of the website could be a sign (一个提示). I mean, normally, a

nice and reliable website would have a decent, well-organized and elegant web design. (罗列)

4. Do you think people are healthier now than in the past?

Uhhmm, it's really hard to say... Yes and no, in a way. On one hand, we do live longer, I mean, on average. So, if we only look at the longevity of human race, then yes, we are healthier, on the whole, thanks to the modern medicine, like vaccines, antibiotics. On the other hand, when we look at our life-style, our mental health, we are not as healthy as people in the past. We are under huge stress, we are anxious all the time, we don't sleep well, we eat junk food, some people have drug addiction issues, ...I don't think we are really much healthier than people in the past.