



TEST 1

WRITING TASK 1

You should spend about 20 minutes on this task.

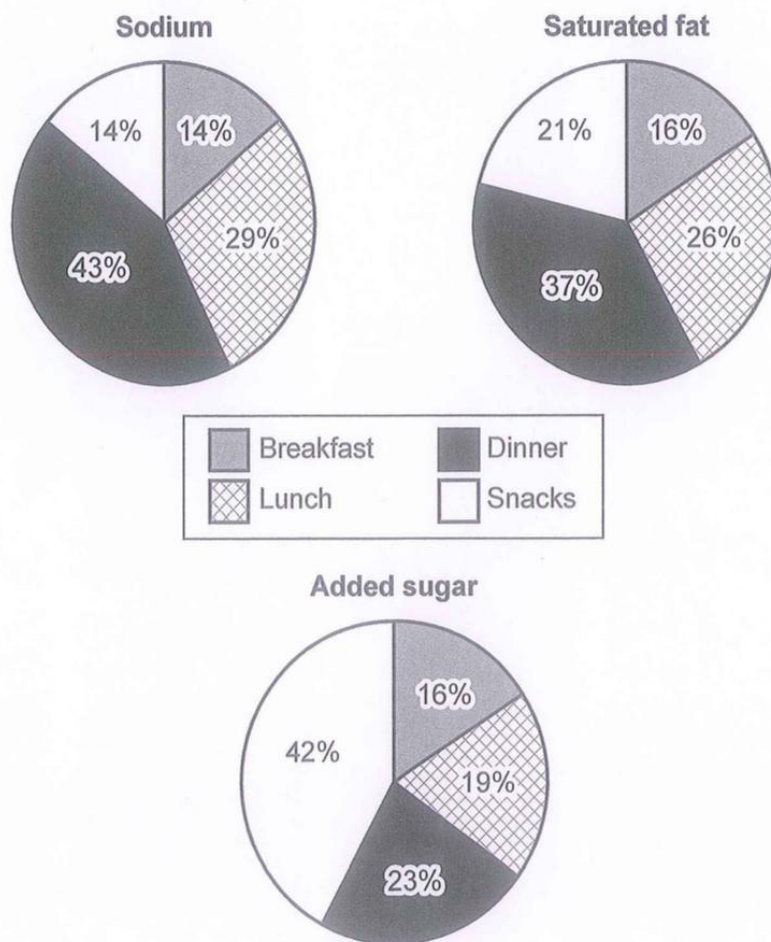
**The charts below show the average percentages in typical meals of three types of nutrients, all of which may be unhealthy if eaten too much.**

Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Write at least 150 words.



## Average percentages of sodium, saturated fats and added sugars in typical meals consumed in the USA



### 【答案解析】

这是一道静态多饼图题，分析美国日常饮食（一日三餐和零食）中钠、饱和脂肪和糖类的含量占比。多图题的分析原则是尽量一张图写完再写另外一张，不要来回跳着写，尤其是对于这种彼此之间没有明确关联的静态多图题而言，写作的过程中保证思路的清晰和逻辑的一致是最重要的。单张饼图按照占比从大到小或从小到大进行描述。题干中没有明确时间的话，整体时态采用一般现在时即可。

### 【参考答案】



The three pie charts demonstrate average proportions of sodium, saturated fats and added sugars in typical meals eaten in the USA. Breakfast, lunch, dinner and snacks are involved in investigated meals.

As for the absorption of sodium, nearly half of sodium is taken in dinner (43%), which is 14% larger than the share of sodium consumed in lunch. Breakfast and snacks both contain 14% of the sodium, half of the share of sodium in lunch.

In terms of saturated fat, the share of it in dinner still ranks the first at 37%, followed by the figure in lunch at 26%. There is 21% of saturated fat in snacks, 5% larger than the figure in breakfast.

For added sugar, its percentage in snacks is the largest at 42%, quite close to the share of sodium in dinner. The share of added sugar in dinner is 19% less than that in snacks, which is the same to the figure of sugar in lunch. Only 16% of added sugar can be found in breakfast.

In conclusion, except added sugar, dinner contains the largest proportion of sodium and saturated fat compared to other three types of meals.



## TEST 1

### WRITING TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

**Some people believe that it is best to accept a bad situation, such as an unsatisfactory job or shortage of money. Others argue that it is better to try and improve such situations.**

Discuss both these views and give your own opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### 【答案解析】

这是一道双边讨论类大作文，探讨人们处于逆境时应该持有的态度。A 方观点认为最佳的解决方案是接受逆境，而 B 方观点则认为改善和提升所处的环境才是最重要的。对于双边讨论类大作文而言，可以支持 A/B 方观点，在两方观点不矛盾的情况下也可以同时支持 AB 双方观点。在本题中，两方的观点是互相排斥的，因此只能选择其中一方支持。A 方观点中存在绝对词 best，对于含有绝对词的观点而言，不仅要证明为什么是合理的，还要证明为



什么是最好的，从论证的角度来说存在一定的难度，建议选择 B 方观点作为主立场。

本篇可以采用主体段三段式偏向型结构：

1. 适应逆境在短时间内确实可以帮助人们更好地调整状态
2. 但是从长远的角度来看只是适应逆境仍旧不能避免新问题的产生与出现，而改善所处的环境才能够避免受到新问题的困扰。
3. 积极改善环境能够不断提升自身能力和经验

【参考答案】

Pessimists commonly believe that people are destined to confront situations the fate has determined for them, which they have no choice but to accept. While optimists are always trying their best to make breakthroughs in order to improve their life quality. From my perspective, taking actions to make a change is always better than adhering to the present status quo.

A prompter coordination of personal state can be realized by simply accepting a bad situation, admittedly. Trapped in embarrassing or negative circumstances, the first and foremost step is to prevent ourselves from being harmed physically or



mentally. If one can ease when confronting problems or cannot achieve expectations, at least his or her inner feelings will not be that greatly impacted, which can avoid irregular performances in their routine life. For example, if an employee can accept an unsatisfactory job, it is more possible for him or her to fulfill given tasks compared with employees who would frequently complain their discontent towards their positions.

Considering from a long term, however, merely adopting bad situations cannot prevent the emergence of new problems. Even though people may be peaceful at the dilemma, the society remains changing constantly, pushing unpredictable challenges and new perishing conditions to them, when people will find it tougher to make simple concession. By contrast, for people who actively make improvements to tackle difficulties, they are more motivated and better prepared for any unexpected circumstances, thus it is highly possible for them to endure sufferings and reverse the tide.

In my opinion, an increasing amount of knowledge and experience can be accumulated during the process of improving and challenging. In order to get rid of negative situations, people should resort to methods and techniques they may not be acquainted with before, thus before challenging unpleasant problems, what people should do at first is to enhance their own capabilities and strengthen their



endurance. It is during this process that these risk takers can better equip themselves and compared to those mere take-it-for-granted accepters, people who are willing to make a change can come out more and swifter ideas to be final conquerors.

In conclusion, although people who accept bad situations can gain instant comforts, it is better to make improvements.



TEST 2

WRITING TASK 1

You should spend about 20 minutes on this task.

**The chart below shows the value of one country's exports in various categories during 2015 and 2016. The table shows the percentage change in each category of exports in 2016 compared with 2015.**

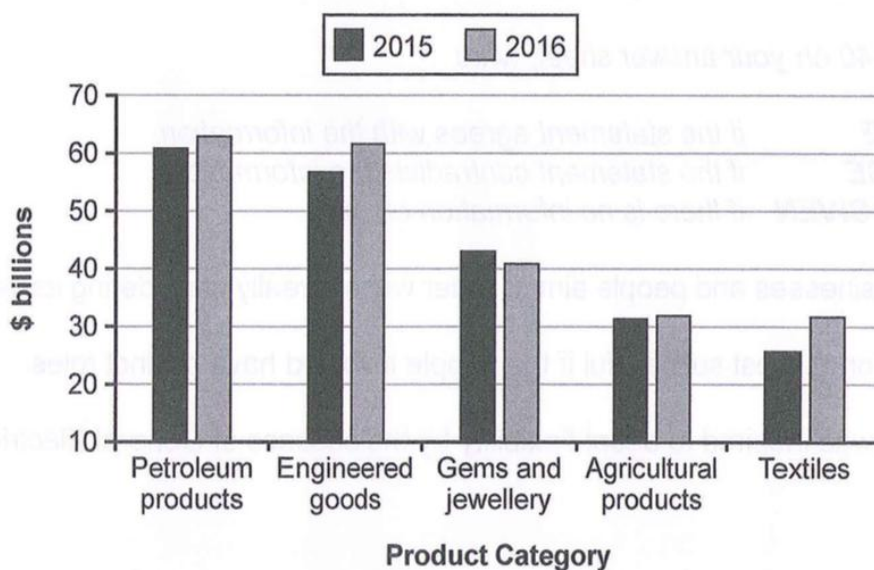
Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Write at least 150 words.





## Export Earnings (2015–2016)



Percentage change in values (2015–2016)	
Petroleum products	↑ 3%
Engineered goods	↑ 8.5%
Gems and jewellery	↓ 5.18%
Agricultural products	↑ 0.81%
Textiles	↑ 15.24%

### 【答案解析】

这是一道复合图小作文，含有一个动态柱图和一个静态表格图，其中分析的重点和数据量较大的部分在于第一个动态柱图，需要按照时间的变化顺序描述同一个项目在不同时间内的变



化情况，根据图片的绘制情况，柱图题中的时间是用不同的阴影颜色呈现的，因此按照两种颜色的柱子为一对，按对描述。表格图虽然分析的是 2015-2016 年的价值占比的波动情况，但每一类产品的变化情况是唯一的，根据增长或下降的变化情况进行内部分组归类。

【参考答案】

The two charts present changes in the value of exports as well as the percentage change in values of exports between 2015 and 2016. Five categories of exports include petroleum products (PP), engineered goods (EG), gems and jewelry (GJ), agricultural products (AG) and textiles. The value is calculated in billion dollars (BD).

As for the export earnings, increases in values can be observed in PP, EG, and textiles. Starting from 60BD, the value of PP increased to around 65BD in 2016. Likewise, the value of EG also grew by 8BD to nearly 63BD in 2016. The value of textiles jumped more obviously from around 25BD to 32BD during the two years. The value of exported AP, however, maintained almost unchanged at around 32BD. By contrast, the value of exported GJ decreased by 2BD, hitting 40BD in 2016.

In terms of percentage change in values, only the figure in GJ declined by 5.18%. The percentage in the value of textiles rose gigantically by 15.24%, nearly 1.8 times as that of EG. The percentage of value in PP grew by 3%, 2.19% more than the increase in the percentage of value in AP.



TEST 2

WRITING TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

**Some people say that the main environmental problem of our time is the loss of particular species of plants and animals. Others say that there are more important environmental problems.**

**Discuss both these views and give your own opinion.**

Give reasons for your answer and include any relevant examples from your own knowledge and experience.

Write at least 250 words.

【答案解析】

这是一道双边讨论类大作文，分析当今最大的环境问题究竟是什么。有些人认为物种的消逝是当前所面临的最大问题，而另外一些人却认为有比物种消亡更可怕的问题。对于双边讨论类大作文而言，可以支持 A/B 方观点，在两方观点不矛盾的情况下也可以同时支持 AB 双方观点。在这道题目中，AB 两个观点存在比较的意味，即如果认定物种消亡是主要问题，那么 B 观点自然不成立，因此不建议均衡支持两个观点，避免在内容分上被判定为“无明显立场。”



以支持 A 方观点为例：

1. 确实当前环境问题频发，每一个问题都不容忽视。
2. 但是在这些环境问题中，物种消亡问题是不可逆的，没有任何的方法可以挽救或缓解
3. 物种的消亡影响生态的稳定性，威胁人类和其他生物自身的生存与发展



【参考答案】

The sustainability of ecosystem, since directly determines the existence of all creatures on the Earth, has always drawn great concerns from all over the world. The booming population, however, together with the deterioration of environmental circumstances, have already threatened the maintenance of ecology. Some people claim that contemporarily the major environmental problem lies in the extinction of certain species, which I strongly agree with.

Diversified environmental problems can be observed nowadays, which are quite urgent to be solved, admittedly. The well being of not only human beings, but also all species on the Earth rely greatly on the healthy operation of ecosystem, hence even a tiny problem should not be overlooked. The shortage of natural resources, the prevailing of environmental pollutions, the unpredictable climate change are all imminent dangers to all living creatures. It is never too cautious to focus on those potential crises to the environment.

People have already taken countermeasures, however, to tackle the aforementioned problems. The healthy and environmentally-friendly lifestyle has been cultivated for years, while countless numbers of innovative technologies have been created in order to check and balance the present situation. Consequently, lots of previous problems have been at least soothed, while the extinction of



species, no matter plants or animals, cannot be reversed. Once a specific type of creature is lost, it is almost impossible to save it back to the nature. Compared to other environmental problems, the loss of species is the one that human beings cannot solve up until now. Considering from this perspective, the emergency of this problem deserves more concentration.

What is more, one of the crucial aspects of natural balance is the co-existence of diversified species. Once a particular kind of animal or plant is lost, the survival of other species may also be hugely influenced. The birds, for example, have been assumed as the most resistive type of species because of their flying and stronger endurance capabilities. Due to the deterioration of forest environment and loss of plants, huge numbers of bird species have also been died out. Once an irreversible extinction has happened, potential threats may also approach.

In my opinion, all environmental problems should be given sufficient attention, however once an extinction of a species emerges, it is too late to make any remedies.



TEST 3

WRITING TASK 1

You should spend about 20 minutes on this task.

**The diagram below shows how electricity is generated in a hydroelectric power station.**

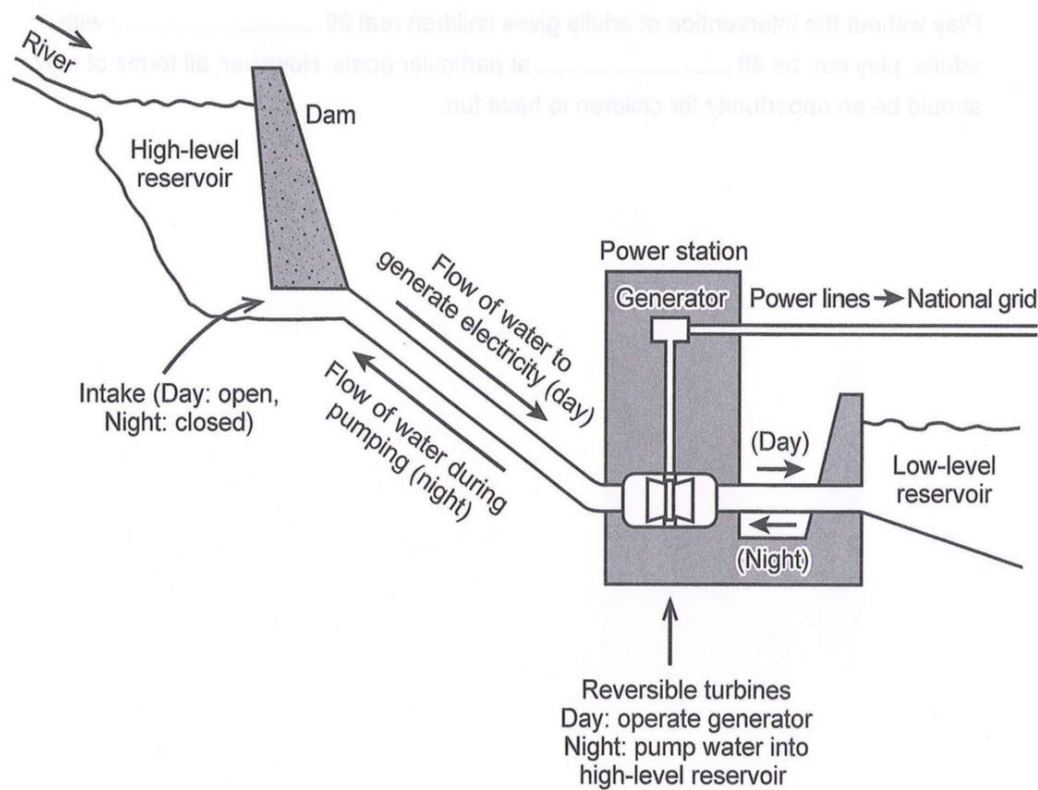
Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Write at least 150 words.





## Hydroelectric power station



### 【答案解析】

这是一道涉及物理学常识的流程图题，对于不了解相应知识或者对于相应专业单词不够熟悉的同学来说，具有一定的答题难度。整个图片主要介绍了堤坝式水电站通过水的位能转换为机械能，再由机械能带动发电机发电。整个流程步骤汇总如下：

1. 这是个堤坝式水电站，河水流进高地势水库（HLR）。
2. 白天，大坝处于开启状态，也就是 intake 中的 open 状态。
3. 白天，大坝开启后，HLR 由于受到重力影响，水流入可反向涡轮（RT）。水的位能转换为机械能（位能就是由于水位落差而产生的能，属于大自然赋予人们的天然能量）





4. 涡轮开始转动，带动发电机发电。机械能转为电能
5. 制造出来的电就通过电线 PL，传送到国家电网 NG 储存起来了。
6. 以上过程就是把水的位能转换为机械能，最后转化为电能的过程。
7. 到了晚上，可反向涡轮 RT 开始反向转动，低地势水库 LLR 的水克服重力，被逆向打入高地势水库，这个时候 HLR 的大坝处于开启状态。
8. 逆向泵水的过程结束后，大坝关闭，这一天的水又回到 HLR，等待第二天重复以上全过程。

【参考答案】

The flow chart illustrates the working mechanism of hydroelectric power station.

The whole process can be divided into two stages according to its different working modes in the daytime and at night.

In the first stage, the river flows into and accumulates in the high-level reservoir. In the daytime, the dam is open. By the effect of potential energy, water in the high-level reservoir will flow down into the power station, where reversible turbines are facilitated. The lash of water will operate reversible turbines, driving the connected generator to produce electricity. Under the transportation of power lines, the electricity will be delivered to National grid. And the water will flush into the low-level reservoir.



In the second stage, reversible turbines start to rotate backward at night, under whose mechanical energy, the water in the low-level reservoir will be pumped up back to the high-level reservoir again. The dam at that time will not be closed until all water is transported back to the reservoir.

After the re-accumulation of river water is completed, the dam will be closed until the whole electricity production starts the next day.



TEST 3

WRITING TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

**Some people say that music is a good way of bringing people of different cultures and ages together.**

**To what extent do you agree or disagree with this opinion?**

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

【答案解析】

这是一篇单边讨论类大作文，探讨音乐是否能够让不同年龄和文化的人理解。对于单边讨论类大作文来说，常见的出题形式有三种：1) To what extent do you agree or disagree with this opinion? 观点立场选择题；2) Is it positive or negative? 优劣对比题；3) Do the



advantages outweigh the disadvantages? 优劣对比题；对于单边讨论类，尤其是第一类出题形式而言，需要选择一个相对比较明确的立场和态度，通常不能够既同意又反对某一个观点。这道题本身所传达的观点是受到大部分人的认可和支持的，建议选择与大众相一致的立场论证，避免因选择太过与众不同的立场而缺少相应的论点和论据支持。

以 agree 立场为例：

1. 确实不同的年龄和不同文化背景的人对于音乐的品位和爱好是不同的
2. 但是成功或者优美的音乐作品能够唤起大众的共情心理
3. 人们会因为拥有相同或者相类似的音乐欣赏品味而走在一起，形成团体

【参考答案】

As a traditional type of art, music has long been regarded as a perfect symbol of people's aesthetic pursuit. Since the creation, performance, significance, and even the definition of music varies according to culture and social context, some people claim that people from different age groups and cultural backgrounds cannot appreciate the same kind of music, which I can hardly agree with.

The fact is that we indeed can frequently find people belonging to certain groups



enjoy diversified types of music. For example, the young may be more inclined to appreciate popular music while senior citizens may favor classical or folk music more. Growing up in and experiencing features of different ages, people's personality, interests as well as focuses may be quite distinctive from each other. Consequently, people's appetite for music can hardly reach a consensus. It is understandable, hence, that a certain group of people support this view.

The magic and charm of music, however, should never be looked down upon. It can be widely observed that no matter in which age group, which kind of cultural context and which period of time, there are certain pieces of music compositions and works that can arouse the enthusiasm and affection of the general. There are hundreds of thousands of music masterpieces that have been appreciated by people throughout the history, such as those brilliant symphonies written by Beethoven and Tchaikovsky. The existence of those eternal music works clearly proves that music has the power to trigger empathy among the public.

What is more, driven by the interests into same types of music, people would naturally gather together to constitute certain groups or even organizations to enjoy their favorable music works together. Human beings are inborn group species, and they would unite together for the shared interests or targets which undoubtedly involve the music. That's the reason why there are lots of fan clubs



and musical organizations that are constituted by people from various cultures and age groups, in which each member can communicate with others without barriers.

In conclusion, although people possess different interests, music can bring them together.



TEST 4

WRITING TASK 1

You should spend about 20 minutes on this task.

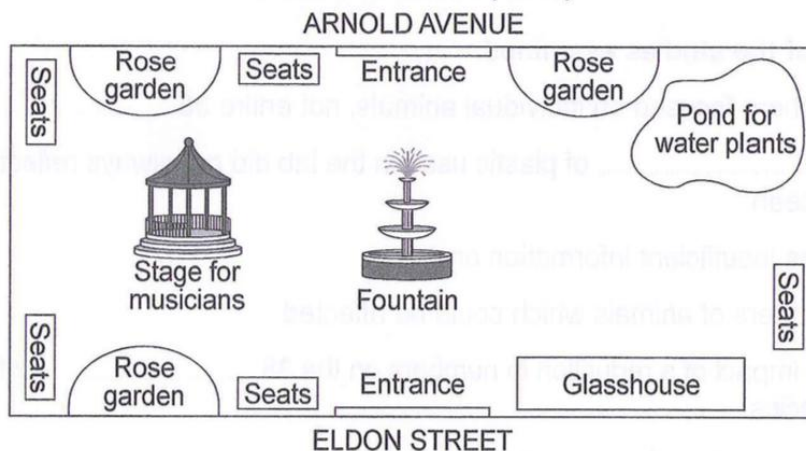
**The plans below show a public park when it first opened in 1920 and the same park today.**

Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

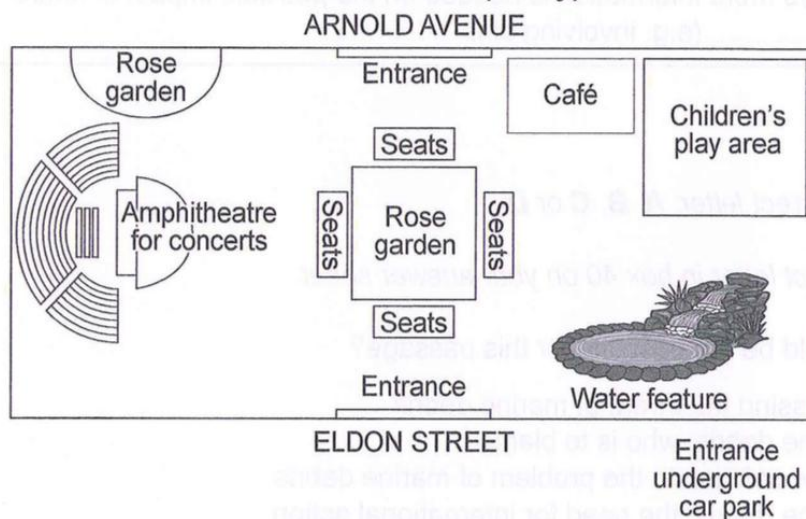
Write at least 150 words.



## GRANGE PARK (1920)



## GRANGE PARK (today)



### 【答案解析】

这是一道地点变迁类地图题，需要分析同一个公园在不同的时间（1920年和现在）的整体布局变化。地点变迁类地图题的整体写作顺序为第一张地图按照图片内容完整描述，从第二张图片开始重点描述图片之间的差异，即变化了的布局，没有发生变化的内容无需重点呈现。

在这道题目中，整体分析顺序为自西向东（图片从左往右），在大方向一致的前提下，需要关注1920年公园的西边（左边）为环状结构，音乐家演出台被四周的观众坐席和玫瑰花园





环绕。中部的同样为对称布局，喷泉的北边和南边是对应的两个入口。公园现在的构造中，类似的对称结构也可以在中部观察到，玫瑰花园四周被座位环绕，北边和南边的入口不变。

【参考答案】

The maps show changes in the layout of the Grange Park, which stands between the Arnold Avenue and Eldon Street in 1920 and today.

In 1920, a stage for musicians could be observed in the center of the western area, with two rose gardens built to its north and south respectively. There were both two seats areas facilitated on each side of the two rose gardens, surrounding the stage altogether. In the middle of the park, a fountain could be found, while two entrances on the Arnold Avenue and Eldon Street located to the north and south of the fountain. In the eastern area, another rose garden stood next to the entrance on the Arnold Avenue, opposing to a Glasshouse in the south. There was a pond for water plants standing in the northeastern corner of the park, next to which another seats area was founded.

At present, several changes have taken place. The stage for musician is transformed into an amphitheater for concerts, while four seats areas and the rose garden in the south are all moved to the center of the park, with four seats areas surrounding the garden. Another rose garden at the east of the entrance is changed into a café,



while the pond for water plants is transformed into a children' s play area. A water feature area replaces the glasshouse in the southern direction. What is more, an entrance to the underground car park is established on the original site of seats next to the pond.



## TEST 4

### WRITING TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

**Nowadays many people choose to be self-employed, rather than to work for a company or organization.**

**Why might this be the case?**

**What could be the disadvantages of being self-employed?**

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

#### 【答案解析】

这是一道变体的问题解决类大作文。常规问题解决类大作文的出题形式为分析问题产生的原因以及提出相应的解决方案，而这道题的写作要去为分析现象出现的原因以及相应的弊端，与常规问题解决类答题要求略有出入。但从题目本身而言，和问题解决类大作文相类似的地方是同样不用给出具体个人对于现象本身的利弊判断，因为题干中已经替考生决定了论述的



方向“自主经营的弊端”，主体段按照两段式划分，一段分析为什么会出现越来越多的个体经营，一段分析这个现象可能会产生的弊端即可。

主体段 1：

- 1) 对于个人自由和自主性的追求。
- 2) 对于个人抱负的追求。

主体段 2：

- 1) 承受更大的压力。
- 2) 缺乏稳定性。

【参考答案】

Contemporary working modes have been gigantically reshaped under reforms of traditional concepts as well as increased social demands. As can be prevalently witnessed in many cities, especially metropolises around the world, an increasing number of people are becoming self-employed. Both the causes and possible negative influences will be further discussed in following paragraphs.

Various reasons can contribute to the present situation. First and foremost, the pursuit of personal ambition and dream has motivated people to escape from the



shackle of ordinary companies. In traditional working modes, employees have to strive really hard to climb the career hierarchy, while they may spend more than half of their life to improve their status. By being the employers of themselves, people can spare no efforts to realize their own dreams. What is more, with the awakening of democratic consciousness, people nowadays are more aware of the personal freedom. In such contexts, many of them would not like to be constrained by the routine commuting life, and would rather hold the decision-making power at hand. Hence being self-employed gradually becomes one of the most favorable choices for people who value personal freedom. Under the influences of aforementioned elements, the emergence of such a phenomenon is quite understandable.

In terms of the possible disadvantages, on the one hand, people who are self-employed may face certain periods of instability. Compared to regular companies and enterprises, the client resources of those individual employers are quite unsteady, since those individual employers should take more efforts to establish a convincing image and reputation. Once the shortage of incomes occurs, people who are self-employed will confront tougher times to survive. On the other hand, more pressure will be exerted on shoulders of those individual employers. In order to maintain the healthy operation of business, people who run their own companies should strive against all odds no matter in competing with rival companies or managing their own employees. As a result, they must undertake



stresses they will never face when they are employed by large companies. Without proper mental and physical regulation, their health might be further hampered under such an intense state.

The causing effects of being self-employed are quite diverse and it is really significant for people who want to be self-employed to think twice before making this decision.