**Describe a special meal that someone made for you[new]**

Three months, birthday, make a western meal

First, boil the pasta, long time to soft,

Then fry the steak, black pepper sauce, smeared

Make pasta sauce, materials, bowl contain pasta, mix up

Make the salad,

生日流程, delicious, impressed most: juicy and meaty steak.

Anyway, the most special

It was three months ago that in order to celebrate my birthday, my mother decided to make a western meal for me.

The first thing she did was boiling the pasta because it takes long time to get them soft.

While the pasta was being boiled, my mother began to fry the steak in the pan, after it was well-done, some black pepper sauce was smeared on top of it.

The following step was making the pasta sauce with tomato, onion, and beef, and then poured it into the bowl which contained the boiled pasta and then mix it up.

Finally, she made a salad with lettuce, cucumber, tomato, boiled egg, ham, carrot and so on.

Before enjoying the meal, we turned off the lights, lit up the candles, I made a birthday wish, an then blew out the candles. It was delicious, what impressed me the most was the steak which tasted juicy and meaty, with strong fragrance of pepper and lingering aftertaste

Anyway, I have eaten lots of western meals, but I think the most memorable one is what my mother cooked for me.

**Describe a subject that you would like to learn in the future[new]**

**Describe a sport that you only have watched before but have not played yourself[new]**

**Bungee jumping, challenging and interesting,**

**Three years ago, video about many people trying this sport, with parents at home, scared at first, overcome it, spoke highly of it**

**Reason:**

1. **Costly**
2. **Another city, no time**

**Will give it a try, an unforgettable experience**

I would like to talk about bungee jumping which is challenging as well as interesting.

It was three years ago that I watched a video about many people trying this sport with my parents at home,

and I find it fascinating because although everyone was afraid of it at first, they finally overcame their fear and successfully made it.

What impressed me the most is that they all spoke highly of the sport, and thought it a must-try for all people.

The reason why I haven’t participated in this sport is that,

firstly, the cost is tremendous, which I cannot afford as a student with limited financial ability,

Besides, there isn’t any facilities for bungee jumping in Wuhan, where I live in. So I have to travel to another city to try this sport, but because of my busy study, I usually don’t have time to give it a try.

Anyway, I am looking forward to the day when I can try this sport in person, which I believe will be an unforgettable exp of my life.

**Describe a new law you would like to introduce in your country[new]**

a law about abandoning pets

Recently, lots of strays,

**Why the phenomenon**

1. **They may carry virus,**
2. **Hurt people by accident**

**Result**

1. **Break the balance of the ecosystem**
2. **Sick people will abuse them or even capture them for food**

**Hope:**

**People who want to buy or adopt a pet should register in detail, and a microchip will be plated in their body, In this way, people will thin twice**

I’d like to introduce a law about abandoning pets.

Recently, there are lots of stray cats and dogs most of which used to be home pets.

There are various reasons which leads to that phenomenon,

For example, their owners may fear that they carry virus or parasite, making it easier for them to get sick, also, the cats or dogs may hurt people by accident.

There may be many results due to this phenomenon,

First, it is believed that stray cats are responsible for the collapse of ecosystem as they hunt too many small animals

Besides, sick people would abuse those strays for fun and attention, some even capture them for food, which causes terrible social influence.

It is because of those serious problems that I hope to introduce a law about abandoning pets. For example, people who want to buy or adopt a pet should register their information in detail, and then a microchip will be planted into the pet. So, in the future, if the pet is abandoned, the owner can be found through this chip, and received some punishment. In this way, everyone will think twice before having or abandoning a pet.

Anyway, I am looking forward to the day when this law can be introduced and implemented in our country.

**Describe something you own that you want to replace[new]**

**Describe an important plant in your country[new]**

**Bamboo**

**Can be found in many places of China, especially the south which is warmer and wetter.**

**Reason:**

1. **Food resource, bamboo shoots can be cooked into tasty dishes, main food for national treasure: panda**
2. **Used for building a house**
3. **It grows without many branches which symbolize integrity, Appreciated and praised by poets and artists, a poet once sad that**

**Anyway,**

Bamboo, which is one of the most important plants in China.

It can be found in many places in China especially in the south as this plant prefer warmer and wetter climate.

The reason why it is vital is that,

firstly, the bamboo shoots can be cooked into tasty dishes and be processed into other products. Also, bamboo is the main food for our national treasure: panda.

apart from that, it has lots of practical value. Bamboo can be used to build a structure of a house.

Finally, bamboos take a significant place in Chinese culture. They grow straight up without many branches, which symbolizes integrity in our culture. It is also appreciated and praised by many artists poets in China. A famous ancient poet once said, one can live without meat, but not without bamboo.

Anyway, it is because of those reasons that I think bamboo is a wonderful plant which has so many advantages.

**Describe an unusual meal you had[new]**

Three months, birthday, make a western meal

First, boil the pasta, long time to soft,

Then fry the steak, black pepper sauce, smeared

Make pasta sauce, materials, bowl contain pasta, mix up

Make the salad,

生日流程, delicious, impressed most: juicy and meaty steak.

Anyway, the most special

**Describe a picture/photograph of you that you like**

A photo which was taken in Chaka salt lake, north-west of China

Senior high school geography classes, quarter of salt production

A month, big mirror, sky reflect, I was

Took lots of photos, I…

Center of the lake, close view, white particles, I…, had great fun playing and taking a lot of photos there. And my mother took a photo of me there.

The reason why I am fond of it is that

first the back ground behind were gorgeous, where the sky reflected on the water and magnificent mountains were near the lake.

Besides I was just standing in the center of the lake, which can’t be seen in other photos.

Finally, every time I view this photo, it can remind me of that wonderful trip.

Anyway, because of the those reasons, is my favorite.

**Describe a sport you watched and would like to try [new]**

**Bungee jumping, challenging and interesting,**

**Three years ago, video about many people trying this sport, with parents at home, scared at first, overcome it, spoke highly of it**

**Reason:**

1. **Costly**
2. **Another city, no time**

**Will give it a try, an unforgettable experience**

**Describe a piece of technology you own that you feel is difficult to use[new]**

**Smart watch**

**Three months, advertisement, detect heart rate and sleep quality, remind me of my health condition**

**First few days, fresh and excited, passion faded, realize it wasn’t what I want,**

**Reasons:**

1. **Battery life is short, can be used for only one day after fully charged, sometimes use, find it dead, charge process was so low**
2. **Too many buttons, complex operations,**
3. **Uncomfortable in such a hot summer, especially when I take on some exercise**

**Anyway,**

I would like to talk about a smart watch which I find troublesome to use.

It was three months ago that I bought this device because I have learnt from an advertisement that it can help detect my heart rate as well as my sleep quality, which may remind me of my health condition.

For the first few days, I felt quite fresh and excited about this watch, and I would study how to use it in my free time. However, as the passion and freshness faded, I realized it wasn’t what I wanted.

The reason why I think so is that,

firstly, the battery life is very short. After being fully charged, it can only be used for one day, sometimes when I want to use it, I only find the battery is dead, and the charging is painfully slow.

in addition, the operation is too complicated, there are too many buttons on the watch, simple press, double press, long press have different functions, which make it hard for me to remember.

Finally, what annoys me the most is that in such a hot summer, I feel uncomfortable when I wear it, especially when I am doing some reports.

Anyway, it is because of those problems that I find this smart watch with a new hard to use.

**Describe something you own that you want to replace[new]**

**First few days, fresh and excited, passion faded, realize it wasn’t what I want, and want to replace it with a simple watch**

**Reasons:**

1. **Battery life is short, can be used for only one day after fully charged, sometimes use, find it dead, charge process was so low**
2. **Too many buttons, complex operations,**
3. **Uncomfortable in such a hot summer, especially when I take on some exercise**

**Anyway, that want to replace it with a simple watch.**

**Describe a website you often visit[new]**

**Bilibili, video website**

**Senior high school, chemistry classes, got home, tried, high image quality, so many kinds of videos**

**Now, for almost every day**

**Reasons：**

1. **Some videos which are closely related to my subject**
2. **Some people recording their lives on this website, provide me with pleasure and help me make travel plans**
3. **High image quality, watch Olympic games as well as world cup**

**Anyway,**

I’d like to introduce bilibili, which is a famous video website in China.

It was in my senior high school chemistry classes that I learned about this website, my chemistry teacher showed us a video on this website, which was about a complex and dangerous chemistry experiment.

When I got home that day, I tried to watch some videos on that Internet, I was instantly shocked by it because the image quality of the videos was wonderful, and there were so many kinds of videos.

Now, I use it for almost every day. The reason why I often use it is that

First, there are many videos which are closely related to my subject, whenever I have any trouble during the class, I will turn to it, and try to find some videos.

Besides, there are many people recording their life in this website, including tasting some delicious food, traveling in other city. I often watch them for amusement as well as making travel plans.

Finally, because of the high quality, it’s a fantastic thing to watch Olympic games or the world cup on this website.

Anyway, it’s because of those reasons that I visit it for almost every day.

**Describe a piece of good news that you heard about someone you know**

**well[**疑似新题**]**

**roommate, had succeeded in losing his weight,**

**one year ago, he decided to work out in the gym, but couldn’t make up his mind, because of busy study, and his lack of power.**

Ask me for advice, try running, reasons:

Now, he succeeded, and changed a lot,

1. Sleep quality
2. Confident and motivated(brave)
3. Gets a girlfriend

Anyway, those benefits that… a sense of achievement

I would like to talk about my roommate who decided to work out in the gym.

It was one year ago that he felt unsatisfied with his weight and health condition, initially he couldn’t make up his mind because of the heavy study and his lack of willpower.

then he asked me for advice. After listening to his situation, I suggest that he can just try a common form of exercise: running, instead of going to a gym, which don’t take up much his time and it’s an easier way for him to focus and keep on. In the end, he took my advice and ran about 3 km each night.

The reason why I think he made a good decision is that he got lots of benefit from it,

Firstly, his sleep quality improves a lot. He used to have difficulty in falling asleep, but now, he can have a wonderful sleep for at least 7 hours a day, which also changes his mental state in the class.

More importantly, he becomes confident and brave. Which means that he dares to try different kinds of difficult things in both study and sports.

Finally, what impressed me the most is that he now gets a girlfriend through exercise.

Anyway, it is because of those benefits that I think a piece of good news about my classmates, and I also gained a strong sense of achievement from his experience.