Do you agree or disagree with the following statement? Children at an early age should learn independent living skills.

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| --- | --- |
| **Sample Response**  ① **I agree that children should learn independent living skills**, such as cooking. | |
| A | overseas students, be afraid of |
| ② **First**, **cooking is a necessary skill**, especially for overseas students.  ③ When they study abroad, **they need to cook by themselves**.  ④ If students can master this independent living skill at an early age, **they won’t be afraid of living alone without any restaurants nearby.** | |
| B | pay attention to, high calories and high fat food |
| ⑤ **Moreover**, **cooking can avoid students buying prepared food from restaurants**.  ⑥ When we cook, **we need to buy fresh food ourselves.**  ⑦ **We will get the chance to pay attention to the ingredients** to prevent high calories and high fat food.  ⑧ If we buy prepared food, **it is inevitable to intake unhealthy food composition**. | |

**Q1【Event】In order to teach young people about good nutrition and health, your school is planning to require students to take cooking classes in addition to other subjects. Do you think this requirement is a good idea? Why or why not?（高频：37 CN）**

I think this requirement is a good idea.

First, cooking is a necessary skill, especially for overseas students. When they study abroad, they need to cook by themselves. If students can master this independent living skill at an early age, they won’t be afraid of living alone without any restaurants nearby.

Moreover, cooking can avoid students buying prepared food from restaurants. When we cook, we need to buy fresh food ourselves. We will get the chance to pay attention to the ingredients to prevent high calories and high fat food. If we buy prepared food, it is inevitable to intake unhealthy food composition.

**【Event】Should parents protect their children from difficulties？**

I think parents should teach children to learn independent living skills, such as cooking.

First, cooking is a necessary skill, especially for overseas students. When they study abroad, they need to cook by themselves. If students can master this independent living skill at an early age, they won’t be afraid of living alone without any restaurants nearby.

Moreover, cooking can avoid students buying prepared food from restaurants. When we cook, we need to buy fresh food ourselves. We will get the chance to pay attention to the ingredients to prevent high calories and high fat food. If we buy prepared food, it is inevitable to intake unhealthy food composition.

**Q3【Event】Do you think that students should learn how to cook?**

I agree with the statement.

First, cooking is a necessary skill, especially for overseas students. When they study abroad, they need to cook by themselves. If students can master this independent living skill at an early age, they won’t be afraid of living alone without any restaurants nearby.

Moreover, cooking can avoid students buying prepared food from restaurants. When we cook, we need to buy fresh food ourselves. We will get the chance to pay attention to the ingredients to prevent high calories and high fat food. If we buy prepared food, it is inevitable to intake unhealthy food composition.

**Q4【Event】Some people buy food that is already prepared. Other people buy fresh food and prepare meals themselves. Which do you prefer?**

I prefer to cook meals myself.

First, cooking is a necessary skill, especially for overseas students. When they study abroad, they need to cook by themselves. If students can master this independent living skill at an early age, they won’t be afraid of living alone without any restaurants nearby.

Moreover, cooking can avoid students buying prepared food from restaurants. When we cook, we need to buy fresh food ourselves. We will get the chance to pay attention to the ingredients to prevent high calories and high fat food. If we buy prepared food, it is inevitable to intake unhealthy food composition.

**Q5【Event】Describe the most important decision that you have ever made. Please include specific details in your answer**

I will only prepare meals by myself.

First, cooking is a necessary skill, especially for overseas students. When they study abroad, they need to cook by themselves. If students can master this independent living skill at an early age, they won’t be afraid of living alone without any restaurants nearby.

Moreover, cooking can avoid students buying prepared food from restaurants. When we cook, we need to buy fresh food ourselves. We will get the chance to pay attention to the ingredients to prevent high calories and high fat food. If we buy prepared food, it is inevitable to intake unhealthy food composition.