Question:

Do you think that eating healthy food is easier or more difficult today than it was 40 or 50 years ago? Use examples and details to support your answer.

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| **Sample Response**  ① **I think** eating healthy food is easier today than it was 40 or 50 years ago. | |
| A | More Access to Acquire Information, Instagram, Pictures about Healthy Food |
| ② **First**, **with the** rapid development of technology, **people have more access to** acquire information about healthy lifestyles.  ③ **For example**, on Instagram, **many**web celebrities **will** post their pictures about having healthy food such as salad and chicken breast, **so that** their fans **are more likely to** be influenced and form a healthy lifestyle. | |
| B | Restaurants, Provide Healthy Food |
| ④ **Besides**, **many**restaurants **that**provide healthy food **are established**.  ⑤ **For example**, a restaurant named sizzler **is mainly offering** salad.  ⑥ **Whereas in the past**, **people could only** choose junk food such as McDonalds **when they** ate out. | |

**【Event】What do you think is the most significant benefit that Internet brings to our life? Explain why you think this benefit is important. Please include reasons and details to support your response.**

I think the most significant benefit that Internet brings to me is the accessibility of information.

For example, with the rapid development of the Internet, I get more information about how to keep fit. On Instagram, many web celebrities will post their pictures about having healthy food such as salad and chicken breast. Such information will influence me to start to form a healthy lifestyle.

Besides, If I want to find a restaurant that provides healthy food, I can just search on the Internet, and the closest ones will show up on the screen, which brings much more convenience for me.

**【Object】Your friend wants to open up a restaurant. What suggestions would you like to give regarding food and location. Please include specific reasons and details in your explanation.**

I will suggest my friend open a restaurant that mainly offers healthy food like salad.

With the rapid development of technology, people have more access to acquire information about healthy lifestyles. On Instagram, many web celebrities will post their pictures about having healthy food such as salad and chicken breast, so that their fans are more likely to be influenced and seek healthy food in a restaurant. Therefore, the market of healthy food will be huge.

Besides, he can open the restaurant near a gym, so after people work out, they will come to this restaurant to have some healthy food

**【Person】Which following job do you prefer, lawyer, veterinarian, or restaurant owner? Please give specific reasons for your preference.**

I prefer to become a restaurant owner.

With the rapid development of technology, people have more access to acquire information about healthy lifestyles. For example, on Instagram, many web celebrities will post their pictures about having healthy such as salad and chicken breast, so that their fans are more likely to be influenced and form a healthy lifestyle.

Therefore, I prefer to open a restaurant like sizzler that mainly offers salad and vegetables. Since people care about their health, they are more likely to come to my restaurant instead of junk food like McDonalds when they eat out.

**【Object】 Advertisements have too much influence on consumers’ choices. What’s your opinion on it? Please give reasons to support your response.**

I agree with the statement that advertisements have too much influence on consumers' choices, especially those advertisements on social media.

For example, on Instagram, may web celebrities will post their pictures about having healthy food such as salad and chicken breast, so that their fans are more likely to be influenced and want to be like their idols. Therefore, many fitness centers and restaurants that mainly provide salad will ask those web celebrities to advertise for them. Being influenced by the healthy image, the consumers will be more likely to purchase the items that those celebrities introduced.

**【Event】Describe a wonderful period of time in your life. Explain why you like that period of time and give specific reasons to support your answer.**

A wonderful period of time in my life is when I decided to lose weight and keep fit.

With the rapid development of technology, I have more access to acquire information about healthy lifestyles. On Instagram, some web celebrities that I follow always post their pictures about having healthy food such as salad and chicken breast. I was also influenced by them and wanted to form a healthy lifestyle. Therefore, I quitted junk food like McDonalds, and started to work out in the gym.

Besides, I also went to a restaurant named sizzler to have salad and vegetables. I lost 20 kg and felt really good about myself during that period.