

Describe a healthy lifestyle you know

You should say:

- **what it is**
- **how you know it**
- **what one would do to live this healthy lifestyle**
- **and explain why it is healthy**

Sample Answer 1

Veganism is the most stringent type of vegetarianism. Vegans avoid all animal products and byproducts in addition to reducing consumption of meat. That means no meat, cheese, dairy, or eggs.

Since before I was born, my parents and siblings have been vegetarians. Naturally, I adopted and advocated my family's views, and I built an intellectual framework to support these convictions. The vegan lifestyle is no longer as fringe as it previously was. Veganism has now entered the mainstream, and it is particularly popular among the youth. Some people choose to go vegan for health reasons, while others do so because they believe it is morally wrong to consume animal products. Some people choose to follow a vegan diet for environmental concerns.

Vegans are healthier and live longer lives because they eliminate a lot of the bad, saturated fats from the diet. So, you will acquire the essential proteins you require if you make a point of eating a range of whole grains and protein sources. You will also get an abundance of fibre, vitamins, and antioxidants.

While following a vegan diet might be challenging when you're out with friends or at a restaurant, new vegan options are often delicious and interesting. Many vegetarian dishes, as well as dairy and meat substitutes, have appeared in recent years.

Sample Answer 2

I'm going to tell you about a new **trend** I've been hearing more and more about, **intermittent fasting**. Let me explain it to you, as many might automatically reject the idea, as we are programmed to believe that we should eat 3 full meals a day.

Intermittent fasting is when you cannot consume anything other than **calorie-less beverages** such as water, green tea, or black coffee except for in an hour window. Some can choose to keep up to an eight hour time window for eating- it's **up to you**. You can choose to do it everyday or even just once a week. For example, a friend of mine has been fasting all day everyday except from 7pm-8pm. During this time, he can eat anything he wants, **regardless of** whether it's **low-calorie** or not. During just a two week period, he has lost 5 kilograms and claims to be feeling well.

To my surprise, I've read that there are several benefits to fasting. It is said that it aids in weight-loss, concentration, protection against disease, improved memory, and lower cholesterol. It came as a shock to me at first, as I thought that we unarguably need 3 meals per day. However, now I believe that that may not be the case, which I find **intriguing (interesting)**.

Describe something lost by others but found by you/ Describe a time you found something that someone lost

You should say:

- **What it was?**
- **When and where did you find it?**
- **What you did do after you found it?**
- **And explain how you felt about finding it.**

Sample Answer 1

I am a fervent reader and prefer sitting in a cafe, sipping on my favorite coffee, and reading a book during weekends. So, last weekend, during one such regular trip to the cafe, I found an apple watch.

When I was engrossed in the mysterious story that I was reading, I unintentionally touched my foot on something. When I took a glance, the watch was laying aimlessly near the foot of my chair.

To begin with, I had never expected anything as expensive as an apple watch laying unclaimed. Subsiding the feeling of shock, I quickly picked it up. I tapped twice on the watch and it showed the picture of a woman set as the wallpaper. Without wasting any more time, I walked to the reception of the cafe and handed over the watch to them.

They recognized the lady from the wallpaper as she was one of their regular customers. Instantly, they dialed her up and gave her the news.

While I was a bit angry at the carelessness of the lady, I somehow felt relieved that the product reached its dutiful owner. At last, I felt happy and a sense of gratitude ran through me as I could be of huge help to somebody.

Sample Answer 2

Just last week, my dad lost his wallet. He was sure he had dropped it somewhere in the house, so he went everywhere looking for it but found nothing. I know my dad is a bit forgetful, so it could have been anywhere, in his room, outside the house, or in one of the restaurants that he frequents.

The wallet contained important identification papers and bank cards, and getting them redone is a big hassle, so he was bent on recovering it.

I thought I'd lend him a hand, looking first inside our house, then went out asking around to see if anyone has picked it up. Unfortunately, after hours of searching the wallet was still nowhere to be seen.

I'd gone home and almost given up hope when I noticed something in dark brown lying under a chest of drawers in our living room. It was none other than my dad's wallet! He must've accidentally dropped it there.

Describe something you do to help you study or work

You should say:

- what it is
- how you learn it
- when you do it
- how you feel about the method

Sample Answer 1

- what it is

I'm going to tell you about the thing which helps me the most in staying focused: exercise. I often get **bogged down (busy)** with work, and it seems like I cannot stay concentrated if I don't **take a short break** to exercise. Thinking back, I didn't exercise much during my teen years, which was the period when I did the worst in school. I believe there is a **correlation** here. When I first starting regularly exercising at about 18 years old, I was surprised to see how much my grades improved.

- how you learn it
- when you do it

So, this is when I started incorporating this habit into my lifestyle. More specifically, when I know I have to get some work done or study for an exam, I **deliberately (purposely) set my alarm** for 45 minutes earlier so I can **run on my treadmill** and do some mat exercises before I begin. Since I work remotely from home, I tend to do this 5 days a week, during my work hours. When I fail to follow this routine of exercising before work, I seem to not be able to focus, or better yet even **muster up (to get)** the energy to start my day.

- how you feel about the method

I feel like a new person after sweating a bit in the morning. Actually, I feel like I wouldn't be able to function without exercise- it's what gives me energy. I feel proud of myself that this is what keeps me focused, as it is also a healthy habit to have. I can **re-charge my brain** and work on my fitness **simultaneously (at the same time)**! All in all, I'm in love with this method and it makes me feel amazing!

Sample Answer 2

- what it is

While the entire day passes by just like a breeze, whenever I sit to study, I find myself to be distracted and inattentive towards my studies. Since this issue became frequent, I decided to mitigate the situation. Thus, I spent hours altogether on the internet, searching for one solution. And voila! I found the perfect one. So, I have named this solution as Break and Learn.

- **how you learn it**
- **when you do it**

To begin with, I found that my cell phone was making me drift away from studies the most. So now, whenever I sit with my books, I keep my phone switched off, lock it inside the cupboard and give away the key to my mother to have zero access to this device. And then, instead of covering all of the subjects at once, I have broken them down into phases. This way, I spend no more than an hour on a subject. Post that, I take a short break for rejuvenation and spend another hour on the next subject.

Usually, I study during the late hours of the night or early hours of the morning. The reason is that this time is when everybody is fast asleep, and I get peace and quietness all around; thus, my concentration levels get to improve to a great extent.

- **how you feel about the method**

Since the time I have implemented this method into my daily regimen, I have noticed a significant change. I get to focus better, study more and cover my syllabus efficiently.

Describe a Film or TV program that made you laugh

You should say:

- **What it is called and what it is about**
- **Who the main characters are**
- **What made you laugh**
- **explain why you remember this film/TV program so well**

Sample Answer

Here is the sample for “describe a Film or TV program that made you laugh” topic:

I’m going to talk about “Friends”, obviously. It’s a very famous comedy series aired in the 90s, but it’s still very popular today.

There are six main characters in the sitcom: three girls (Rachel, Monica, Phoebe) and three boys (Ross, Joey and Chandler). The stories revolve around their work life and love life. Each of the characters has very distinct personality traits that make them unique, and I guess that’s one of the reasons why they’re funny.

For example, Rachel was born beautiful and rich, so apparently she’s got a lot going for herself, but she’s sometimes oblivious to problems of people who are less lucky. Monica, despite being very beautiful as an adult, struggled with obesity as a teenager, so you can imagine there’s always some competition going on between these two girls. Phoebe, on the other hand, seems like a weird but carefree person, so I guess she’s there to smooth things out for everyone. Anyway the director and producer managed to turn their rivalry and friendship into something that is quite intriguing to watch.

And as the story develops, their dynamics evolve; they’ve even become lovers, breaking up and making up. It’s hard to elaborate how funny it is and maybe some of the jokes are no longer appropriate today, but all in all it’s still worth a watch.