写作时间安排：

5min(2min开头段+3min构思)+12min（主体段）\*2+1min（结尾段/检查）

开头段：hook + main idea

二选一开头段：

Nowadays, people are discussing a hot topic that XXXXX. Some people think that it’s beneficial to XXXX, while others state that they XXXXX. For me, I think XXX. (former one/ latter one)

三选一开头段：

Nowadays, people are discussing a hot topic that/about XXX. Here are so many ways we can use. For me, I think XXXX.

Nowadays, people are discussing a hot topic whether people should give the positive feedback first and then negative feedback to their classmates and colleagues or give the negative feedback first and then positive feedback. I think that it’s beneficial to give positive feedback first.

Hook

1. 假想场景
2. 介绍背景
3. 定义关键词（规定范围）
4. 提问题
5. 引用
6. 评价题目
7. 讲故事

Nowadays, people are talking about a hot topic about the actions for individuals to protect the environment. There are many ways to achieve this goal, and as for me, I think walking and bicycling instead of driving private cars to work or school is the best one.

结尾段：

To sum up/In summary,

In short/In brief

In conclusion

I have come to the conclusion th

Nowadays, people are discussing a hot topic whether the food we eat is much healthier than in the past. As for me, I think there is no doubt that we have much healthier food than before.

Because there are many sources of food supply today, the food we eat today is much better and healthier than before. As the sources of food production increase with the time going, the food market is becoming more and more competitive. As a result, since the food production merchandises want to attract more customers to buy their more product, they have to think out ways to make them more advantageous than other merchandises. Among all the methods, making their food product ~~more~~ healthier is obviously a smart choice, thus the food we eat today is becoming healthier and healthier. Take the milk we drink as an example. There are so many companies in my country producing the milk for people, such as Mengniu and Yili. The competition of market is so intensive that all companies try their best to fight against others. Because they all want to appeal more people to buy more milk from their own companies, they both have been trying to improve the quality of the milk, claiming to their customers that the milk is produced in the best grassland and with the most strict hygiene standards. Thereby the milk we drink today is much better and healthier than 20 years before.