

# Housework and cooking

## 题目

1. Do you do some cooking/help your family cook at home now?
2. Did you do some house cleaning when you were young?
3. Do you have breakfast at home everyday?
4. Do you want to learn how to cook well?
5. Do you think your home is clean and tidy?
6. What housework do you like or dislike doing?

给出一个小学生都能说的简单答案，不超过4句话。

## 答案

Hello Tianxiang! 我是你的专属口语教练 Alan。很高兴看到你已经准备好了，并且给我分享了这么详细的个人信息，这会让我们接下来的示范和练习更加贴近真实的你！

你提的这几个关于 "home" 和 "housework" 的问题都非常经典，在 Part 1 中很常见。现在，就让我来为你示范一下，如何用小学生都能听懂的、简单又地道的英文，回答这些问题，并达到7.5分所需要的流利度和清晰度。

我们开始吧！

### Question 1: Do you do some cooking/help your family cook at home now?

#### Alan's Model Answer (示范答案):

"Not really, because I live in a student dorm and it's not very convenient to cook there. However, I'm really into baking, which I see as a type of cooking. So on weekends, I sometimes use the public kitchen to bake cookies for my friends. It's a fun way for me to relax."

#### 答案分析 (Why it's a good answer):

- **思路与结构:**

1. **直接回答 + 给原因:** 直接否定 "Not really", 然后解释原因 "because I live in a student dorm..."。
2. **转折 + 补充信息:** 用 "However" 引入一个相关但不同的点（你的爱好“烘焙”），让答案更丰富。
3. **举例 + 描述感受:** 用 "So on weekends..." 给出具体例子，并以 "It's a fun way..." 结尾，表达个人感受。

- **亮点词汇/短语:**

- **Not really:** 非常口语化的回答，比单纯说 "No" 要自然。
- **student dorm:** 学生宿舍，非常贴切你的身份。
- **convenient:** 方便的。一个简单但很实用的词。
- **I'm really into...:** “我非常喜欢...”，是 "I like..." 的绝佳替代，听起来更有热情。

- **实用句型:**

- **It's a fun way for me to...**: 一个很好的句型, 可以用来描述做某件事的感受或目的。(e.g., "It's a good way for me to practice my English.")

## Question 2: Did you do some house cleaning when you were young?

### Alan's Model Answer (示范答案):

"Yes, absolutely. My parents taught me to be responsible for my own space from a young age. I remember my main job was to sweep the floor and keep my own room tidy. I wasn't a huge fan of it back then, but now I think it was a good habit to build."

### 答案分析 (Why it's a good answer):

- **思路与结构:**
  1. **清晰肯定:** "Yes, absolutely" 语气很强, 很肯定。
  2. **解释背景:** "My parents taught me..." 解释了为什么会做家务。
  3. **具体回忆:** "I remember my main job was..." 给出具体的例子。
  4. **今昔对比:** "...back then, but now I think..." 通过对比过去和现在的看法, 展示了思考的深度。
- **亮点词汇/短语:**
  - **be responsible for**: 对...负责, 很棒的短语。
  - **from a young age**: 从小的时候。
  - **keep my room tidy**: 保持房间整洁, 非常地道的说法。
  - **a huge fan of**: "不太喜欢", 比 "I disliked it" 更生动。
- **实用句型:**
  - **I remember my main job was to...**: 一个引出过去具体例子的好句型。

## Question 3: Do you have breakfast at home everyday?

### Alan's Model Answer (示范答案):

"Well, I try to. Since my 'home' is my dorm room now, I usually just grab something quick and easy. Most days, it's just a carton of milk and some bread from the campus store. It's not a big meal, but it gives me enough energy to start my day."

### 答案分析 (Why it's a good answer):

- **思路与结构:**
  1. **弹性回答:** "Well, I try to" 避免了绝对的 "Yes" 或 "No", 非常真实。
  2. **解释现状:** "Since my 'home' is my dorm room..." 解释了当前的特殊情况。
  3. **描述细节:** "...grab something quick and easy... a carton of milk and some bread..." 增加了画面感。
  4. **总结作用:** "It gives me enough energy..." 总结了早餐的功能。
- **亮点词汇/短语:**
  - **grab something quick**: 快速地吃点/拿点东西, 非常口语化。
  - **carton of milk**: 一盒牛奶。
  - **campus store**: 校园商店。
  - **gives me energy**: 给我能量。

- **连接词的使用:**
  - **Since...**: 用 "Since" (因为, 由于) 来引导原因状语从句, 让句子结构更丰富。

## Question 4: Do you want to learn how to cook well?

### Alan's Model Answer (示范答案):

"Oh, for sure! I'm already okay with baking, but I'd love to learn how to cook proper meals. I live in Chengdu, so I'm especially interested in learning some classic Sichuan dishes. Also, since I plan to study abroad, knowing how to cook for myself would be a super useful skill."

### 答案分析 (Why it's a good answer):

- **思路与结构:** (这里我完美地用上了你的个人信息! )
  1. **热情肯定:** "Oh, for sure!" 表达了强烈的意愿。
  2. **关联现有技能:** "I'm already okay with baking, but..." 从你会的烘焙过渡到你学烹饪。
  3. **结合本地特色:** "...especially interested in...Sichuan dishes" 结合了你在成都的背景, 非常加分!
  4. **连接未来计划:** "...since I plan to study abroad..." 关联了你的未来规划, 让理由非常充分、有说服力。
- **亮点词汇/短语:**
  - **For sure:** 当然了, 比 "Yes" 更地道。
  - **proper meals:** 正经的饭菜。
  - **classic Sichuan dishes:** 经典的川菜。
  - **super useful skill:** 超级有用的技能。
- **连接词的使用:**
  - **Also...**: 用来添加另一个平行的理由, 让逻辑非常清晰。

## Question 5: Do you think your home is clean and tidy?

### Alan's Model Answer (示范答案):

"I try my best. To be honest, as a university student with a lot of research work, my dorm room can get a bit messy during the week. However, I make it a point to do a big clean-up every weekend. I just feel I can focus better in a clean and organized space."

### 答案分析 (Why it's a good answer):

- **思路与结构:**
  1. **诚实回答:** "I try my best. To be honest..." 听起来非常真诚。
  2. **解释原因:** "...as a university student...my dorm room can get a bit messy..." 给出理由, 让人理解。
  3. **转折+解决方案:** 用 "However" 引出自己的习惯 "do a big clean-up every weekend"。
  4. **陈述个人感受:** "I just feel I can focus better..." 解释了你为什么这么做。
- **亮点词汇/短语:**
  - **To be honest:** 说实话。
  - **get a bit messy:** 有点乱。
  - **make it a point to do something:** 意思是“特意去做某事”或“确保做到某事”, 非常好的一个短语。
  - **organized space:** 有条理的空间。

- **实用句型:**

- `I just feel...`: 一个用来表达主观看法和感受的万能句型。

## Question 6: What housework do you like or dislike doing?

### Alan's Model Answer (示范答案):

"That's an interesting question. I guess I don't mind doing the dishes, as I find it quite relaxing to see everything become sparkling clean. On the other hand, I really dislike doing laundry. I find the whole process of washing, drying, and then folding the clothes to be very tedious."

### 答案分析 (Why it's a good answer):

- **思路与结构:**

1. **缓冲开头:** "That's an interesting question" 给自己一点思考时间。
2. **说喜欢的部分+原因:** "I guess I don't mind..., as I find it..."
3. **对比说不喜欢的部分+原因:** 用 "On the other hand" 清晰地引出反面, 并解释为什么不喜欢 "I find the whole process... to be very tedious."

- **亮点词汇/短语:**

- `don't mind doing`: 不介意做..., 比 "I like" 语气更温和、更真实。
- `sparkling clean`: 闪闪发光地干净, 非常形象。
- `On the other hand`: 另一方面, 完美的对比连接词。
- `tedious`: 沉闷乏味的, 单调的。这是一个简单但能准确表达意思的好词。

- **实用句型:**

- `I find [something] to be [adjective]`: 我发现/觉得某样东西是...样的。(e.g., "I find this book to be very interesting.")

希望这些示范和分析对你有帮助! 你会发现, 我们用的词都很简单, 但通过好的结构和一些地道的短语, 就能让答案听起来非常棒。

今天你想让我为你示范哪个其他话题的答案呢? 或者我们可以深入聊聊Part 2或Part 3?

## 话题词汇

Of course! That's an excellent idea. Having a good set of "topical words" is like having your toolbox ready before you start building something. When the examiner asks you about a topic, you can quickly find the right 'tool' to express your ideas clearly.

Here are some simple but very effective words and phrases for the topic of **Housework and Home Routines**. I've divided them into categories to make them easier to remember.

## 雅思口语话题词汇库: 家务与家庭日常 (Housework & Home Routines)

### 1. 表示“做家务”的动词和短语 (Verbs for Chores)

- **Basic Chores (基本家务):**

- `do the dishes`: 洗碗
- `do the laundry`: 洗衣服
- `sweep the floor`: 扫地

- mop the floor: 拖地
- make the bed: 铺床, 整理床铺
- cook meals: 做饭
- take out the trash: 倒垃圾
- Slightly More Specific (更具体一点的家务):
  - tidy up my room: 收拾我的房间 (非常万能的短语)
  - clean up the kitchen: 清理厨房
  - dust the furniture: 给家具掸灰
  - do the grocery shopping: 采购日用品和食物
  - vacuum the carpet/floor: 用吸尘器吸地毯/地板

## 2. 形容“家的状态”的词 (Adjectives for Your Home)

- Positive (褒义):
  - clean and tidy: 干净整洁 (最常用的组合)
  - neat: 整齐的
  - organized: 有条理的, 井井有条的
  - spotless: 一尘不染的 (如果你想展示一下词汇量, 这个词很棒)
  - cozy: 舒适的, 温馨的
- Negative (贬义):
  - messy: 凌乱的
  - cluttered: 堆满杂物的 (比 messy 更具体)
  - unorganized: 没条理的

## 3. 描述“对家务的感受”的词 (Adjectives for Your Feelings)

- Positive Feelings (积极感受):
  - relaxing: 让人放松的
  - satisfying: 让人有满足感的 (比如看到地板变干净)
  - therapeutic: 有治愈效果的 (一个非常亮眼的词, 表示做某件事让你内心平静)
- Negative Feelings (消极感受):
  - tedious: 乏味的, 单调的 (形容过程很无聊)
  - time-consuming: 很花时间的
  - tiring / exhausting: 累人的 / 让人精疲力尽的
  - boring: 无聊的

## 4. 高分实用短语 (Useful Phrases & Expressions)

- household chores: 家务活 (是 housework 的完美同义词)
- daily routine: 日常惯例
- share the housework: 分担家务
- be responsible for...: 负责...
- keep my space tidy: 保持我的空间整洁
- a sense of responsibility: 一种责任感
- not a big fan of...: 不太喜欢... (比 I don't like... 更地道)
- make it a point to do sth.: 我一定会确保做某事 (e.g., I make it a point to clean my room every weekend.)

### 如何使用这些词汇?

试着将这些词汇串联起来造句。比如，当被问到做家务时，你可以说：

"Well, I try to **share the household chores** with my family. I'm **responsible for** keeping my own room **tidy**. I find sweeping the floor quite **relaxing**, but to be honest, I'm **not a big fan of** doing the laundry because it's so **time-consuming**."

你看，只用这些简单的词汇，就能组合出内容丰富、听起来又很自然的答案了。

把这些词汇记下来，下次我们练习的时候就可以用上啦！

## 常见搭配

Excellent question, Tianxiang! Moving from single words to common sentence patterns is the fastest way to improve your fluency. It's like learning not just the ingredients (words), but the actual recipes (sentences) for a conversation.

Let's look at some super common and useful sentence combinations for talking about housework and home life. Think of these as "plug-and-play" sentence frames where you can insert the vocabulary we just talked about.

## 雅思口语高分句型搭配 (Common Sentence Patterns)

### 1. 表达频率 (Expressing How Often You Do Something)

这些句型可以帮你轻松地描述你的习惯。

- **句型 1:** I try to + (家务活动) + as often as I can.
  - **示范:** "I try to **cook for myself** as often as I can, but it's hard with my busy study schedule."
  - **中文思路:** 我尽可能地...
- **句型 2:** I usually + (家务活动) + on weekends / in the evening.
  - **示范:** "I usually **do my laundry and clean my room** on weekends."
  - **中文思路:** 我通常在...做...
- **句型 3:** Every + (时间), I make sure to + (家务活动).
  - **示范:** "Every night before I sleep, I make sure to **tidy up my desk**."
  - **中文思路:** 每到..., 我都会确保...

### 2. 表达喜好 (Expressing Likes and Dislikes)

这是 Part 1 几乎必考的功能，一定要掌握。

- **句型 1:** I don't mind + (做某事), but I'm not a huge fan of + (做另一件事).
  - **示范:** "I don't mind **washing the dishes**, but I'm not a huge fan of **taking out the trash**."
  - **中文思路:** 我不介意..., 但我不太喜欢...
- **句型 2:** I find + (家务活动) + quite + (形容词).
  - **示范:** "I find **mopping the floor** quite **satisfying** because you can see the difference immediately."
  - **中文思路:** 我觉得...是相当...的。
- **句型 3:** The one chore I really dislike is + (家务活动) + because...
  - **示范:** "The one chore I really dislike is **doing the laundry** because the whole process is so tedious."
  - **中文思路:** 我唯一真正不喜欢的家务是...因为...



### 3. 给出原因和解释 (Giving Reasons and Explanations)

让你的答案更有深度和说服力的关键。

- **句型 1:** I think it's important to + (做某事) + because it helps me to + (达到一个目的).
  - **示范:** "I think it's important to keep my room tidy because it helps me to focus better on my studies."
  - **中文思路:** 我认为...很重要, 因为它能帮我...
- **句型 2:** Since I live in a student dorm, I have to + (做某事).
  - **示范:** "Since I live in a student dorm, I have to be considerate and keep my own space clean."
  - **中文思路:** 因为我住在学生宿舍, 我必须...
- **句型 3:** The main reason I + (做某事) + is that...
  - **示范:** "The main reason I want to learn to cook is that I'm planning to study abroad in the future."
  - **中文思路:** 我...的主要原因是...

### 4. 描述习惯和责任 (Describing Habits and Responsibilities)

这些句型能体现你的成熟度和条理性。

- **句型 1:** I've gotten into the habit of + (做某事).
  - **示范:** "Recently, I've gotten into the habit of making my bed every morning."
  - **中文思路:** 我养成了...的习惯。
- **句型 2:** Back when I was living with my parents, I was responsible for + (做某事).
  - **示范:** "Back when I was living with my parents, I was responsible for sweeping the floor every day."
  - **中文思路:** 以前和父母住的时候, 我负责...

#### 【教练小贴士】

你看, 这些句型是不是像一个个的“公式”? 你只需要把我们之前学的 tidy up, do the laundry, tedious, relaxing 这些词, 像填空一样放进这些句子里, 一个完整、流畅、地道的答案就出来了。

建议你每个句型都用我们之前学的词汇, 自己造一两个句子, 大声说出来。这样, 它们很快就会成为你自己的语言了!