

Snacks

题目

1. What snacks did you like to eat?
2. Did you often eat snacks when you were young?
3. When do you usually eat snacks now?
4. Do you think it is healthy for you to eat snacks?

给出一个小学生都能说的简单答案，不超过4句话。

答案

Hey Tianxiang! Alan here. It's great to see you today. I've had a look at the personal information you sent over – that's fantastic stuff! It gives me a much better idea of how to make these answers feel more like *you*.

So, I see you've got some questions ready on the topic of "Snacks". This is a classic Part 1 topic. Let's do this!

First, I'll act as the examiner and ask you the questions. Then, I'll immediately switch roles and show you how I would answer them as a candidate aiming for that 7.5 score. Remember, the goal is simple, clear, and natural-sounding English.

Ready? Let's begin.

Part 1 Model Answer: Snacks

(Alan as Examiner): What snacks did you like to eat when you were a child?

(Alan as Candidate): Oh, when I was little, I was a big fan of potato chips. I just loved how crunchy they were. Besides that, I also enjoyed some sweet biscuits my mum would buy for me, which were a perfect treat after a long day at school.

(Alan as Examiner): Did you often eat snacks when you were young?

(Alan as Candidate): I'd say fairly often, yes. It wasn't like I could eat them all day, but my parents would let me have a small snack after I finished my homework. It was a nice little reward to look forward to, maybe a few times a week.

(Alan as Examiner): When do you usually eat snacks now?

(Alan as Candidate): Nowadays, I mostly eat snacks in the afternoon when I need a break from my studies. As a computer science student, staring at a screen can be draining, so something small like a yogurt or some nuts really helps me to recharge and focus better.

(Alan as Examiner): Do you think it is healthy for you to eat snacks?

(Alan as Candidate): Well, I believe it really depends on what you eat. If my snack is a piece of fruit or some nuts, then it's definitely healthy. However, eating junk food like chips or candy all the time

is probably not a good idea. For me, the key is choosing the right kind of snack.

☑ Answer Analysis: Why This Works

Alright, Tianxiang, let's quickly break down why these simple answers are effective for a 7.5 score.

1. 思路与结构 (Thought & Structure)

- **直接回答 + 补充细节 (Direct Answer + Add Details):** Notice how every answer starts with a direct response (e.g., "I was a big fan of...", "I'd say fairly often..."). Then, it adds one or two extra sentences to give more information, like *why* you liked it, *when* you ate it, or *what kind* of snack it was. This is a perfect structure for Part 1. It shows you can develop your ideas.

2. 亮点词汇/短语 (Highlight Vocabulary/Phrases)

Even though the words are simple, they are very natural and effective:

- **a big fan of...**: A very common and natural way to say you like something a lot. Much better than just "I like..."
- **crunchy**: A great descriptive word for food.
- **a perfect treat**: "Treat" is a perfect word for a special snack.
- **a nice little reward**: Shows the snack had a purpose.
- **draining**: A simple but powerful word to describe feeling tired.
- **recharge**: A fantastic word that means to get your energy back.
- **junk food**: The most common and natural term for unhealthy snacks.

3. 实用句型 (Useful Sentence Patterns)

These answers use some very useful and flexible sentence patterns:

- **"When I was little, I..."**: The perfect way to start talking about the past.
- **"Nowadays, I mostly..."**: A great way to contrast the past with the present.
- **"I believe it really depends on..."**: An excellent phrase for "it depends" questions. It shows you can think about different sides of an issue.
- **"If..., then..."**: A simple conditional sentence to explain a situation and its result. (e.g., *If my snack is fruit, then it's healthy*).

4. 连接词的使用 (Use of Connectors)

The answers are smooth because of simple connecting words:

- **Besides that... / Also...**: Used to add another idea smoothly.
- **However...**: Used to show a contrast or a different point of view (e.g., healthy snacks vs. junk food).
- **so...**: Used to explain a result (e.g., studying is draining, *so* I need a snack).

See? You don't need big, complicated words. You just need to organize these simple ideas clearly and connect them smoothly.

How did that feel? Let me know what you think, or tell me which topic you'd like me to demonstrate for you next!

话题词汇

Of course, Tianxiang! That's a great idea. Having a good set of "topic words" is like having a toolkit – you can pick and choose the right one for the job.

Here are some simple but very useful words and phrases for the topic of "Snacks". I've grouped them to make them easier to remember.

Snacks: Your Topical Word Toolkit

1. Types of Snacks (零食种类)

- **Healthy Options (健康选择):**
 - **Fruits**: a banana, an apple
 - **Nuts**: almonds, walnuts (杏仁, 核桃)
 - **Yogurt**: (酸奶)
 - **Granola bar**: (燕麦棒)
 - **Vegetable sticks**: like carrots or cucumbers (蔬菜条)
- **Treats / Junk Food (享受型/垃圾食品):**
 - **Potato chips / Crisps**: (薯片)
 - **Biscuits / Cookies**: (饼干)
 - **Candy / Sweets**: (糖果)
 - **Chocolate bar**: (巧克力棒)
 - **Ice cream**: (冰淇淋)

2. Describing Snacks (形容零食)

- **About Taste (形容味道):**
 - **Sweet**: (甜的)
 - **Salty**: (咸的)
 - **Savory**: (咸香的, 可口的) - *A great word for things that aren't sweet, like chips or cheese crackers.*
 - **Spicy**: (辣的)
- **About Texture (形容口感):**
 - **Crunchy**: (松脆的) - *e.g., "I love crunchy potato chips."*
 - **Crispy**: (酥脆的) - *e.g., "The biscuit was light and crispy."*
 - **Chewy**: (有嚼劲的) - *e.g., "I like chewy granola bars."*
 - **Creamy**: (奶油般顺滑的) - *e.g., "The yogurt was rich and creamy."*

3. Actions & Verbs (相关动作)

- **To snack on something**: (吃...当零食) - *e.g., "I like to snack on nuts while I study."*
- **To grab a snack**: (去拿点零食吃) - *e.g., "I'm going to grab a quick snack before the meeting."*
- **To have a craving for...**: (特别想吃...) - *e.g., "I have a craving for something sweet."*
- **To munch on...**: (津津有味地咀嚼) - *e.g., "He was munching on some popcorn."*

4. Reasons & Feelings (原因与感受)

- **To recharge my batteries**: (给我充电) - e.g., "A small snack helps me recharge my batteries in the afternoon."
- **A quick energy boost**: (快速补充能量) - e.g., "I eat a banana for a quick energy boost."
- **Comfort food**: (治愈食物) - Food that makes you feel good emotionally.
- **A guilty pleasure**: (明知不好但很享受的乐事) - Something you enjoy even though you think it's not very healthy.
- **Mindless eating**: (不自觉地吃) - Eating without paying attention, often out of boredom.

5. Talking about Health (讨论健康)

- **In moderation**: (适度地) - The most important phrase! e.g., "I think snacks are fine in moderation."
- **A balanced diet**: (均衡饮食)
- **High in sugar/fat/salt**: (高糖/高脂肪/高盐)
- **Nutritious**: (有营养的)
- **Processed food**: (加工食品)

Try to pick a few of these that you like and practice using them in a sentence. For example, you could say: "I try not to eat too many **processed foods**. I prefer something **nutritious** like fruit, but sometimes I have a **craving for** something **salty** and **crunchy**, so I'll eat a few potato chips. It's my **guilty pleasure**."

Keep this list handy. It will be very useful! What's the next topic on your mind?

常见搭配

Excellent question, Tianxiang! This is the perfect next step. Once you have the words, you need to know how to put them together into natural-sounding sentences.

Think of these "sentence pairings" or "collocations" as ready-to-use frames. You can just put your own ideas into the blank spaces. Here are some of the most common and useful sentence patterns for talking about snacks.

Common Sentence Patterns for "Snacks"

1. Expressing Preferences (表达偏好)

- I'm a big fan of... [snack type] because... [reason]

e.g., "I'm a big fan of **savory snacks** like potato chips because I love their **crunchy texture**."

- I'm really into... [snack type] , especially... [specific kind or situation]

e.g., "I'm really into **baking my own snacks**, especially **making cookies on the weekend**."
(我把你喜欢烘焙这点加进去了!)

- To be honest, I'm not that keen on... [snack type]

e.g., "To be honest, I'm not that keen on very sweet snacks like candy."

2. Describing Past & Present Habits (描述过去和现在的习惯)

- Back when I was a kid, I used to eat... [snack type] all the time.

e.g., "Back when I was a kid, I used to eat those little sweet biscuits all the time."

- Nowadays, my go-to snack is... [snack type] because it's... [adjective]

e.g., "Nowadays, my go-to snack is a yogurt because it's quick, easy, and quite healthy."
("Go-to" is a very natural way to say your usual or favorite choice.)

- I tend to snack most when... [situation]

e.g., "I tend to snack most when I'm studying late at night for an exam."

3. Giving Reasons & Talking about Health (给出原因与讨论健康)

- I find that a small snack is a great way to... [purpose]

e.g., "I find that a small snack is a great way to recharge my batteries in the afternoon."

- I try to avoid snacks that are... [description]

e.g., "I try to avoid snacks that are high in sugar and fat."

- I think snacking is fine, as long as... [condition]

e.g., "I think snacking is fine, as long as you do it in moderation."

- When it comes to snacks, the key is... [main principle]

e.g., "When it comes to snacks, the key is **to choose something nutritious.**"

Your Turn to Practice:

Try creating your own sentences now! Pick a frame and fill it in with your own ideas. For example:

- "My go-to snack is _____ because _____."
- "I have a craving for _____ when _____."

Practicing with these frames will make your answers sound much more structured and fluent.

So, what do you think? Feel free to try making a few sentences, or we can move on to a new topic or question type!