

Speaking Part 1**Question-1: When do you usually listen to music?**

"I find myself listening to music most often when I'm winding down after a busy day. It helps me to relax and de-stress, especially after work or studying. I also enjoy listening to music while I'm exercising, as it provides a great motivational boost and helps me to stay focused."

Question-2: What do you do to stay healthy?

"Maintaining a healthy lifestyle is important to me. I try to eat a balanced diet, focusing on fresh fruits, vegetables, and whole grains. I also prioritize regular exercise, aiming for at least 30 minutes of physical activity most days of the week. I find that a combination of cardio and strength training helps to keep me fit and energized."

Question-3: Tell me about your school.

"I attended a large, public high school with a diverse student population. It was known for its strong academic programs and extracurricular activities. The teachers were dedicated and supportive, creating a positive learning environment. While the school was quite large, I was fortunate to find a close group of friends who shared similar interests."

**Question-4: What do you see in these pictures?**

Both images represent distinct shopping experiences. The first image highlights the convenience of supermarkets, where families can shop together in a comfortable environment. Supermarkets often offer a wide range of products under one roof, making it easier for families to find everything they need in one trip. In contrast, the second image features a street market; bustling with activity and showcasing a variety of fresh fruits and people are engaging with one another while exploring different stalls.

Question-5: What is the advantage of buying products from local farmers over the supermarket?

"Buying directly from local farmers offers several advantages over supermarket shopping. Firstly, it promotes sustainability by supporting local businesses and reducing the environmental impact of long-distance transportation. Secondly, you often get fresher, higher-quality produce, as it hasn't traveled long distances and is picked at peak ripeness. Additionally, interacting with the farmers themselves allows you to learn about their practices and ask questions about their products, building a stronger connection to your food source."

Question-6: What is the advantage of buying products from a supermarket?

"Supermarkets provide a convenient and readily accessible option for purchasing a wide range of goods. They offer a vast selection of products from various brands and regions, catering to diverse dietary needs and preferences. Additionally, supermarkets are often conveniently located, with extended opening hours and a variety of payment methods. This convenience, coupled with the wide selection, makes them a popular choice for many shoppers."

Speaking Part 2

- Describe a special meal that someone prepared for you
- Who cooked it for you
- How you felt about it

One special meal that stands out in my memory was prepared by my mother on my birthday last year. She decided to cook my favorite dish: a classic homemade chicken curry, accompanied by fragrant rice and fresh bread.

My mother has always been an incredible cook, and her chicken curry is something I've cherished since childhood. The moment I walked into the kitchen, the aroma of spices filled the air, instantly making my mouth water. She spent hours preparing the meal, carefully selecting the freshest ingredients and blending them to perfection.

When we finally sat down to eat, I felt a wave of warmth and happiness. It wasn't just about the delicious food; it was also about the love and effort she put into making my birthday special. Sharing that meal with my family made it even more meaningful. We laughed, reminisced, and enjoyed each other's company, creating memories that I will hold dear.

Overall, this meal was more than just sustenance; it was a heartfelt expression of love from my mother. It reminded me of the importance of family traditions and the joy that comes from sharing good food with loved ones.

Speaking Part 3

Students should wear uniforms at school.

FOR

- School uniforms promote a sense of equality among students.
- Students are less likely to be preoccupied with their appearance or compare themselves to others
- Uniforms create a strong sense of unity

AGAINST

- School uniforms can be expensive
- Uniforms may not always be comfortable
- The same clothes limit pupils' ability to express themselves through their clothing choices

On one hand, school uniforms offer a number of benefits. They promote a sense of equality among students, regardless of their background or socioeconomic status. When everyone is dressed alike, there's less pressure to conform to expensive trends or feel inferior because of their clothing. This can create a more focused learning environment, as students are less likely to be preoccupied with their appearance or comparing themselves to others. Uniforms also foster a sense of unity and belonging within the school community, creating a shared identity that reinforces school values and traditions.

However, the argument against school uniforms highlights a few drawbacks. Firstly, uniforms can be expensive, especially for families with multiple children. This can be a financial burden, particularly for those who are already struggling to make ends meet. Secondly, uniforms may not always be comfortable or practical for all students, especially during different weather conditions or if they participate in physically demanding activities. Perhaps the most significant argument against uniforms is that they limit students' ability to express themselves through their clothing choices. For many, fashion is a form of personal expression, and being forced to wear the same clothes every day can stifle their creativity and individuality.