

2020年1月12日 托福口语写作独立题范文

启德产品中心

Speaking Independent Tasks 口语独立题

➤ **Task 1**

[Question]

Do you agree or disagree with the following statement:

Schools should require students to complete physical fitness tests before graduation?

[Response]

Yeah, I definitely agree that schools should require some sort of physical fitness test before students can graduate.

The first reason is that there are just simply growing health problems in all populations, including kids. I read a study that said that obesity rates are growing among children, and so it's important to teach them how to work out.

Furthermore, one of the main purposes of school is to prepare students for a life of success, and part of success is having good health. It's difficult to be good at some demanding jobs if you're not in good shape, so a good school

should teach students how to get in shape.

Writing Independent Task 写作独立题

[Question]

If you can change one aspect to improve your health, which would you choose?

Why?

1. change the kinds of food you eat
2. the amount of exercise you do
3. the amount of stress in your life you have

[Response]

Our health is our most valuable asset, and we often don't miss it until it's gone. You never think about how nice it is to breathe clearly, until you get a cold. You never think about how nice it is to walk normally, until you injure your leg. So what's the best way to improve our health? For me, the answer is to exercise more.

First off, the most obvious advantage of exercising is that it makes you stronger. Some people think that they should avoid exercise because they have bad joints, but the opposite is actually true. If you exercise in the right way, you can strengthen those joints and build muscles to help your body support those joints. On the other hand, doing no exercise isn't going to magically

improve your joints. You'll still get older and your joints will still slowly deteriorate until you can't walk at all.

Secondly, exercising is clearly great for reducing obesity. It's a simple matter of math. You eat a certain amount of calories per day, and so you need to burn a certain number of calories per day to avoid putting on weight. And losing weight isn't just about looking better, it's also very important for health. I read in a medical journal that obesity can cause all sorts of problems from sleep issues to heart health problems.

Finally, people are still learning all sorts of advantages to exercise, and one that I recently learned about is that exercise can improve your immune system. From what I heard in a video online, this is due to many factors, but the most important is the fact that exercising improves blood circulation. This fact is why people who exercise rarely get sick, but couch potatoes seem to be sniffing all the time. However, it gets much more serious than a simple cold. From what I've read, exercising can also help fight off major illnesses like cancer.

In the end, there isn't one road to good health. You need to watch what you eat and how you think, and you need to exercise. However, if I had to choose one thing to suggest for health-minded individuals, I would say that they should start doing a little exercise regularly.

【范文分析】

高分词组

valuable asset	宝贵的财产
bad joints	关节不好
build muscles	塑造肌肉
reduce obesity	减肥
lose weight	减肥
put on weight	增重/增肥/长胖
improve your immune system	改善你的免疫体系
blood circulation	血液循环
health-minded individuals	有健康意识的人

实用句型

1. You never think about how nice it is to walk normally, **until** you injure your leg.

“until”的意思是“直到.....”，引导时间状语从句，“sb. never think about...until...”

这个句式很实用，可以多用。

2. This fact is why people who exercise rarely get sick, **but** couch potatoes seem to be sniffing all the time.

这个句子用 but 进行对比，把常锻炼，所以不怎么生病的人和经常生病吸鼻子的电视迷进行对比，显示出经常锻炼的好处。but 最常见的意思是“但是”，表转折，但它还可以表示对比。

篇章结构

Secondly, exercising is clearly great for reducing obesity. It's a simple matter of math. You eat a certain amount of calories per day, and so you need to burn a certain number of calories per day to avoid putting on weight. And losing weight isn't just about looking better, it's also very important for health. I read in a medical journal that obesity can cause all sorts of problems from sleep issues to heart health problems.

这是作者的第二个论点，锻炼有助于减肥。他说这是一个简单的算术题，人们每天摄入很多热量，需要通过锻炼来燃烧热量避免长胖。而减肥不仅是为了好看，而且对健康有好处。他又提到自己在医学期刊上读的文章说，肥胖会引发各种疾病，比如睡眠问题，心脏问题，通过不运动不锻炼的坏处来进一步说明锻炼的好处，反证法。而且这种用专业知识来支撑自己的论点，使论点更有说服力。