

孟炎 编著

托福口语写作 一本全

备考
宝典

ESSENTIAL SPEAKING
AND WRITING PRACTICE
FOR TOEFL iBT

120 余套
2015 — 2017 年
托福口语写作
真题答案

综合题目
详细答题思路
解析题目分类

针对练习
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托福口语写作

2013 — 2017 年
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真题汇编

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笔者编写本书的初衷是让学生用最新、最权威的托福真题作为备考材料，通过参考地道、纯正的答案积累自己的素材库，并最终达到开口能说、提笔能写的效果。目前来看，TPO（全称 TOEFL Practice Online，中文名“托福在线练习”）是广大中国考生备考托福中使用频率最高的材料，不得不说，TPO 总体可以反映真实考试的出题结构和难度，但是一大部分 TPO 试题，尤其是前 30 套，是 iBT（机考）刚刚推出时使用过的题目，口语和写作话题较为简单，因此使用 TPO 作为复习材料还远远不能达到考试强度。让广大考生更加头疼的是，最近特别是 2016 年和 2017 年的托福口语独立题目和写作独立题目大多从更加微观的角度考查考生的英文熟练程度，题目更细化，难度也更大。比如，截至本书成书之际，2017 年“三选一”的题目达到了 70% 左右。以 2016 年 12 月 10 日上午口语的第一题为例：

Until children learn to act appropriately around others, they might behave in undesirable ways. Which of the following do you think is the most negative behavior a child might display?

1. being selfish;
2. talking rude;
3. talking loudly.

不难发现，自私、讲话粗鲁和大声讲话区别并不是很大，讲话大声的孩子可能不太在意其他人的感受，他的表现也可能比较粗鲁。所以题目对考生的语言精准程度提出了更高的要求，简单套用万能理由是不可行的。独立写作题目的呈现也表现出较为显著的特点：题目较长。很多考生在考场上非常紧张，所以读题目就要花掉 5 分钟时间。比如 2016 年 7 月 10 日的独立写作题目：

A city wants to help teachers of its high school students (age 14–18) improve their teaching. It is considering two plans:

1. Choose a small group of excellent teachers; these teachers will attend a class led by an expert for additional training in how to teach effectively, and they will then come back to their schools and provide that training for other teachers in school.
2. Provide additional training in teaching effectively for high school teachers, using online material that each teacher will study individually.

因此，通过对 2015 年、2016 年和 2017 年真题的练习，广大考生可以更好地把握考题难度，更加有针对性地备考。

近年来，托福口语独立题目和写作独立题目呈现出一个对大家非常有利的特点：反复重复之前的题目，一个月之内都有可能考到重复题目。比如，2017 年 5 月 27 日独立写作题目与

2017 年 5 月 13 日独立写作题目重复:

Which one of the following values is the most important to share with a young child (5–10 years old)?

1. being helpful;
2. being honest;
3. being well organized.

口语方面也出现大量之前考过的题目, 比如 2017 年 10 月 29 日口语第一题与 2016 年 9 月 10 日下午口语第一题重复:

A city is planning to build a museum to attract more tourists. Which one of the following museums do you think the city should build?

1. a film and an art museum;
2. a children's science museum;
3. a local history museum.

2017 年 10 月 28 日口语第二题与 2016 年 12 月 3 日口语第二题重复:

Do you agree or disagree with the following statement: Children should leave home to stay with friends or relatives for a short period of time?

再比如, 2017 年 11 月 4 日口语第一题与 2016 年 12 月 10 日上午口语第一题重复:

Until children learn to act appropriately around others, they might behave in undesirable ways. Which of the following do you think is the most negative behavior a child might display?

1. being selfish;
2. talking rude;
3. talking loudly.

由此可见, 针对 2015 年、2016 年、2017 年口语和写作真题的不断练习是一件非常有意义的事情。另外, 考生在练习口语过程中, 一定要保证较高的清晰性和流畅性。ETS 学术报告显示, 口语成绩在 23 分左右的同学, 语速为每秒钟两个英文单词, 反过来, 我们可以推断在保证清晰性和切题的前提下, 如果考生每秒钟说两个英文单词, 那么考生一般得分也会在 23 分左右。需要注意的是, 平时练习的时候, 考生不应过分强调理由或者论点的“恰当性”, 只要能讲得通即可, 考生不要追求回答得像理科生推导定理或者公式那样严谨, 相反, 练习的重点应该放在清晰性和流畅性上面。最后, 相信通过对本书提供的地道、纯正的范文答案的反复练习, 考生一定能在考场上自如应对, 并取得好成绩。

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目 录

第1章 2015年托福口语独立题目和答案 /1

第2章 2016年托福口语独立题目和答案 /29

第3章 2017年托福口语独立题目和答案 /61

第4章 2015年托福写作独立题目和答案 /85

第5章 2016年托福写作独立题目和答案 /122

第6章 2017年托福写作独立题目和答案 /164

第7章 托福口语综合题目解析 /193

一、托福口语综合题目介绍 /193

二、Task 3 例题讲解 (OG 第二套样题) /193

三、Task 4 例题讲解 (OG 第二套样题) /197

四、Task 5 例题讲解 (OG 第二套样题) /200

五、Task 6 例题讲解 (OG 第二套样题) /203

第8章 托福写作综合题目解析 /207

一、托福写作综合题目介绍 /207

二、综合写作例题讲解 (TPO 23) /207

附录 2015—2017年托福口语、写作独立题目话题分类 /213

| 2015 年托福口语独立题目和答案 |

2015 年 1 月 10 日

• Task 1

Talk about a kind of music you enjoy the least. Explain why you don't like it.

Well, I would say my least favorite music is rap. Actually, the only reason why I listen to music is to relax and calm down, and to get away from my busy study and work. Unfortunately, this kind of music is too noisy and disruptive, making it hard for me to enjoy. Additionally, generally the lyrics of rap focus on the negative side of the society and life, like drugs, sex, murder, and stuff like that. Even if it does include something positive, you still don't know what the rappers are singing about simply because they are rapping so fast, and it is not clear at all.

• Task 2

Do you agree or disagree with the following statement? Online courses will one day replace traditional classes.

Personally, I would say it is not possible for online courses to be the mainstream approach to teachers' lessons. Even though online education and tutoring are very popular recently, I still doubt the efficiency of having classes online. To begin with, there is no direct interaction between teachers and students. Actually, face-to-face discussions and even debates should be an indispensable part of a class. Unfortunately, this cannot be achieved online. Additionally, teachers cannot tell whether the students can follow them closely or not. Thus, they might not be able to adjust the pace and level of difficulty of their class. That will jeopardize the efficiency of the class.

2015 年 1 月 11 日

• Task 1

Which of the following is the best way to spend your weekends: exercising, cooking, or visiting friends?

Personally, I would say my choice is to visit friends. First off, friends are a big part of one's life, so it is important for us to bond with our friends once in a while. As a student, most of the time, I am overwhelmed by all kinds of assignments like papers, presentations and group projects. I couldn't afford to lose a chance to connect with my friends on weekends. Additionally, research shows that those who have strong connections with friends are happier than those who don't. Moreover, a stronger connection with friends can help us be more productive in study and work.

• Task 2

Some people prefer to live in old buildings while others prefer to live in new and modern buildings. Which do you prefer and why?

Personally, I would say I'd like to live in a modern building. Even though the historical buildings with different architectural styles are very appealing, I think it is pretty scary to live there since it might be haunted. A modern building is more comfortable to live in since it has lots of modern facilities, like big glass windows, making it easier for the sunlight to get in. If you happen to live in a tall modern building, you will get a chance to appreciate the view of the whole city at night. It will be awesome. Based on these reasons, I would rather live in a modern building.

2015 年 1 月 25 日

• Task 1

Which of the following volunteer activities would you like to do the most: teaching children, teaching adults to use computers, or cleaning city park?

If I got a chance to do some community service, I would like to choose to clean the city park. Well, in my city, people do not really pay attention to environmental protection. The park is supposed to be a place where citizens can relax and have fun. Unfortunately, it is not very neat or clean. I would like to make it a better place for the community members. By consciously participating in activities like cleaning the park, hopefully, I can influence my friends and the strangers around me so that they will be aware that environmental protection is really urgent.

• Task 2

Some people prefer to take a job with a single task while others prefer to do multiple tasks on a job. Which do you prefer and why?

Personally, I would say it is better to focus on a single project instead of multi-tasking. First off, doing one project at a time can help people concentrate better and be more productive while multi-taskers cannot recall and process information as efficiently as those who have only one project to worry about. Additionally, when switching from one project to another, our brains need to constantly change from one thinking pattern to another, seriously lowering working efficiency.

2015 年 1 月 31 日

• Task 1

Which of the following activities would you like to do on a weekend afternoon: doing exercise, watching TV, or spending some time with families?

Personally, I would say my choice is to spend time with families. First off, families are a big part of one's life and they are our most loved ones. As a student, most of the time, I am overwhelmed by all kinds of assignments like papers, presentations and group projects. I couldn't afford to lose a chance to connect with them on weekends. Additionally, research shows that those who have strong connections with their families are happier than those who don't. Moreover, a stronger connection with families can help us be more productive in study and work.

• Task 2

Do you agree or disagree with the statement that young people should learn how to draw and paint?

Personally, I think it is important for kids to learn drawing and painting. Actually, art can bring comfort and hope to people. It helps people express their happiness, sorrow and even anger. At the same time, kids can improve their taste of art and learn to appreciate different kinds of art works. This is a very important skill. Additionally, by learning to draw pictures, students get a chance to reduce their stress of life. When they go back to their study, they can concentrate better and be more productive.

2015年2月1日

• Task 1

Which of the following is the most effective way of learning: studying from textbooks, having discussion with a group, or reading articles written by others? Please use specific reasons to support your idea.

Personally, I would say the best way to learn is to participate in class discussion. To begin with, students need to do lots of search and prepare notes for the class discussion. They can learn a lot by actively preparing for this activity. Additionally, the whole class gets a chance to hear multiple points of view. Although some points might not be as thought-provoking, you can learn some stuff beyond the textbooks anyway. You can also understand how an idea works in real life when people share their personal experiences.

• Task 2

Do you agree or disagree with the following statement? People should wear clothes according to the latest fashion.

Well, I don't suggest people always follow fashion trends when it comes to dressing. To begin with, trendy and fashionable outfits change so fast, and you have to spend time to figure out which is the most popular style. That alone costs you lots of time, and I think that amount of time can be spent in other aspects, like doing sports or hanging out with friends and stuff. Plus, it costs one a fortune to catch up with the latest trend. This is especially true if we are talking about designer clothes, like Luis Vuitton, Burberry and stuff. I don't think it's worth it.

2015年3月7日

● Task 1

Which of the new skills do you want to learn: learning a musical instrument, flying a plane, or playing a new sport?

Personally, I would say I like to learn to play a musical instrument like the piano. It is very relaxing to play the piano. Actually, it can be a great way to release my destructive emotions like anger, sorrow and even rage. At the same time, I can make friends with people who have the same interest, and talking to them can be a great fun. Additionally, there are not a lot of people who can play an instrument. If I can learn to play the piano, I will be very popular among my friends. Thus, I will stand out. Lastly, it takes lots of practice to be a master in a kind of instrument. In this process, I can develop willpower, perseverance, and persistence. These qualities will be valuable assets for me in the future.

● Task 2

Do you agree or disagree with the following statement? Cell phones have improved our lives.

I do think that cell phones have improved people's lives. To begin with, they help people contact with family members and friends when they are far away from each other. We can send instant messages or make phone calls whenever we want to. I think the cell phone has brought people closer than ever, and it makes communication so instant. Plus, with Wi-Fi access and a smart phone, we can shop online. With just a click of the button, the next moment your order is delivered right at your door. It is also easy to compare the prices offered by different online stores and get a bargain. That is why I think cell phones have improved people's lives.

2015年3月14日

● Task 1

When you are at work, which of the following factors do you think is the most important to you: having a flexible schedule, having friendly coworkers, or having a helpful boss?

Personally, I think friendly coworkers are the most important factor for a great working environment. In a professional setting, one needs to cooperate with others in order to finish a task. For instance, technicians need to work together with salespeople so that they can make some changes to the product, making sure the product is user-friendly to customers. Therefore, it is really crucial to work with people who are friendly and easygoing. Additionally, friendly coworkers tend to provide timely assistance and relevant training to you when you are in trouble handling daily business operation.

● Task 2

Would you prefer an interesting professor with a strict grading policy or a boring professor with a loose grading policy?

Personally, I would choose an interesting professor with a strict grading policy. First off, if the lecture is interesting, I will be motivated to learn more about the subject that the professor is lecturing. If the lecture itself is pretty boring, there will never be a chance for me to focus in the class. Additionally, a strict grading standard means that I have to work hard and concentrate on my schoolwork like papers, presentations and group projects. All the schoolwork will help me acquire more knowledge in different fields.

2015年3月28日

● Task 1

If you were making a donation, which of the organizations would you make your donation to: an environmental protection group, a city library, or an animal shelter?

Personally, I would like to donate to an environmental protection group. First off, with the money they can create posters to cultivate people's environmental awareness, like turning off the faucet after using the water, categorizing trash, and not littering around. Also, with more money, the group can attract more volunteers to work for the cause of protecting the environment. They can plant more trees, clean up the trash and stuff like that. Eventually, they will make the world a better place for people to live in.

● Task 2

Do you agree or disagree with the statement? Students should work for a year before entering university.

Well, I think students should work for a year before entering university. One might get enormous benefits from internship. To start with, you will get exposure to the real world, and get firsthand experience working in the industry. You'll have a chance to see whether you really like a certain profession or not. Also, it helps to expand your social network. World famous corporations keep in touch with interns. Supposing they have any vacancy in the future, they'll consider someone who have interned in their company to fill it up. That is why it is a good idea to work for a year before entering university.

2015年4月12日

● Task 1

What should parents do to help their children succeed in school?

Well, I have the following suggestions for parents to improve their performance. First off, parents should set a good example for kids. Actually, parents are the very first teachers in kids' development. They, together with other family members, shape kids' early behaviors, values and habits. For example, if parents are zealous readers of books and newspapers, their kid will be likely to become a big fan of reading. That will positively influence the kid's intelligence. Additionally, parents should give kids proper encouragement and inspirations instead of putting them down. By doing this, kids will gradually build up their confidence and do better in school.

● Task 2

Do you agree or disagree with the following statement? All students should do social activities such as joining a club or a sports team in school.

I would totally agree with it. First off, it is very relaxing when doing social activities. It helps to release students' tension and depression that they get from both their life and study. Apart from that, social activities like playing sports are a very good way to keep healthy and keep in good shape. It helps students build up some muscles and be athletic. It is also good for their cardiovascular system. Lastly, they get a chance to meet new friends and broaden their social network when doing social activities. Getting to know different people is a very thrilling experience for them.

2015年4月18日

● Task 1

Among the following types of books, which one do you dislike the most: romantic books, science fictions, or biographies?

Personally, my least favorite book is romance book. For me, it is boring and a waste of time to read. Most of the romance books are cliché since I can predict the end without finishing the novel. However, biographies have very interesting storyline. Once I begin to read this kind of books, I will find it hard to stop. I can learn important lessons like never giving up and be motivated to achieve my goals when I read autobiographies. Plus, by reading science fictions, I can gain the latest knowledge in the field of science and technology. Thus, I can broaden my horizons.

● Task 2

Some people answer mobile phones and reply text messages when they are meeting friends in person, others think it is not a polite thing to do when they are ready having a face-to-face conversation. What is your opinion on this matter?

Well, frankly speaking, it really depends on the situation when it comes to the question of whether it is okay to make calls or send text messages when meeting friends. Such behaviors can be

excused if it is an emergency, like you are having dinner with a group of friends and someone calls you saying that a close family member of yours gets really sick, of course it is no problem to take the call. However, if you are just bored about your time with friends and send text messages on the phone, it is not courteous at all.

2015年5月9日

• Task 1

Some schools prevent students from putting TV in the dormitory. What are the advantages and disadvantages of this policy? Please include specific reasons and examples to support your answer.

There are lots of benefits having TV in the dorm. TV programs like documentaries can be very informative. They cover lots of topics like sports, animal worlds, histories, and religions. You can really learn a lot about all kinds of stuff. However, if someone is indulged in watching meaningless TV programs like different kinds of reality shows and even some of the TV sit-coms, it might cast a huge negative impact on their study and work. In this case, it is a big disadvantage.

• Task 2

Some people think newspapers can provide better news source than other media such as TV. Do you agree or disagree?

Personally, I would say TV can provide a better news source than newspapers. First off, TV can provide more up-to-date news than newspapers. Think about it. With the help of video cameras and other technologies, one can get to know what is happening around the globe exactly when something is happening somewhere. Additionally, TV can provide very vivid pictures and videos which cannot be provided by reading newspapers. Sometimes I watch news on TV just for the stunning visual effect.

2015年5月16日

• Task 1

Describe an activity that you enjoyed the most when you were a child.

My most memorable experience when I was a kid was taking the vacation on a beach with my whole family. Since my home town is not far from a coastal city in China, we took a trip there to enjoy our holiday. We enjoyed bathing in the sun while appreciating the beautiful scenery along the seashore, like the blossom and palm trees. We tried out the sea food like salmons, tuna and lobsters. Apart from that, the most exciting stuff I did when visiting this nice and beautiful city was water activities like snorkeling, wakeboarding and jet skiing with my dad. Even though I remembered that I got a little sun burnt, I think it was worth it.

• Task 2

Some people prefer to go to new places while traveling, however, others prefer to go to familiar places. Which one do you prefer? Explain why.

Personally, I would like to choose to travel to new places instead of familiar places. I am the kind of person who likes new and exciting things and exploration. Just visiting a familiar place is not fun; in fact it is very boring. On top of that, traveling around in different places makes me a well-rounded person. When traveling to different places, I get a chance to talk to locals and get to know their cultures, customs and ways of living. By interacting with them, I can broaden my horizons and have new perspectives on things.

2015年5月24日

• Task 1

What kind of volunteer work would you like to do?

Well, personally, I would like to plant trees based on the following reasons. To begin with, trees can provide us with shade in the summer so that people can take shelter from the hot summer sun. They produce lots of oxygen and remove particulates from the air. So, people can breathe fresh air and avoid air borne problems like lung issues, asthma and stuff like that. Additionally, if trees are lined up along the street, they will be very appealing to citizens and tourists alike. Moreover, they help to increase the property value.

• Task 2

Some people prefer to work in an office setting, while others prefer to work at home. Which one do you prefer?

Personally, I prefer to work in an office. First and foremost, when you work in an office, you wear uniforms and feel like you are very professional. So, you will be more confident about your job, which helps you improve your working efficiency. Plus, you get lots of coworkers who are also working in the same office. You will feel the competitive and cooperative working atmosphere, which is also likely to boost your productivity. And, actually, lots of companies have very relaxing and flexible working environments, where they can even play their own music. In contrast, you will feel sleepy and tend to slack off when working in your comfortable home.

2015年5月30日

• Task 1

A friend of yours studies in a business school now, but he really likes playing

musical instrument. So, he plans on dropping out of business school and studying music. What suggestion would you give to this friend?

I don't suggest my friend drop out of college. Firstly, in my country, you need to work really hard to get into college and you definitely need a college degree to get yourself a good job. It's very hard, if not impossible, for a high school graduate to find a decent job. Secondly, the benefit of attending a business school goes beyond getting you a job. You can acquire comprehensive knowledge in different fields. For example, by learning economics you can better understand the economy. In a marketing class, you can learn how to promote products to a larger audience. Based on these points, I disagree with the statement that my friend should drop out of business college.

● Task 2

When there's a challenge, would you prefer to face it alone, or would you rather seek help from others?

Personally, I would say it is better to seek help from others rather than facing it alone. First off, as the saying goes: "Many hands lighten the work." Actually, people have their own strengths and weaknesses. By working closely with each other, it is much easier to finish the project. For instance, suppose you need to design a new product and promote it in the market. If you just have knowledge in designing the new product but lack certain marketing expertise, chances are that you would make more profit by teaming up with marketing professionals.

2015年6月13日

● Task 1

Research shows that people are supposed to sleep for at least 8 hours a day, but as a matter of fact, some people sleep for only 6.5 hours. What do you think is the impact of sleeping to people's lives? Use specific details and examples to explain your answer.

Well, I think it is important for us to get enough sleep to have normal body function, and 8 hours of sleeping time is required. For example, suppose I am going to take a test tomorrow morning. By going to bed early, I will keep myself refreshed the next day. I think it is better for me to go to bed before 10 o'clock. Then I can have a good rest. Hence the next day I will have enough energy to focus on the exam. However, if I stay up late to cram for the exam, chances are that I will suffer from lack of energy and feel dizzy the next morning, which will lead to bad performance in the test.

● Task 2

Some people think it's better to take classes in the daytime and have a part-time job in the evening, while others prefer to have a part-time job in the daytime and take classes in the evening. Which one do you think is better? Use specific