

**MULTILEVEL
SPEAKING**

PART 1.1

1)WHAT IS YOUR FAVORITE BOOK AND WHY?

ONE OF MY FAVORITE BOOKS IS "HOW TO WIN FRIENDS AND INFLUENCE PEOPLE" BY DALE CARNEGIE. THIS BOOK IS FANTASTIC BECAUSE IT OFFERS PRACTICAL ADVICE ON HOW TO BUILD STRONG RELATIONSHIPS AND COMMUNICATE EFFECTIVELY. CARNEGIE SHARES SIMPLE, YET POWERFUL STRATEGIES FOR MAKING OTHERS FEEL VALUED AND UNDERSTOOD. HIS TIPS ARE EASY TO APPLY IN EVERYDAY LIFE, WHETHER AT WORK OR IN PERSONAL RELATIONSHIPS, AND THEY CAN HELP YOU BECOME A BETTER COMMUNICATOR AND FRIEND. IT'S A TIMELESS GUIDE TO CONNECTING WITH PEOPLE AND IMPROVING SOCIAL SKILLS.

PART 1.1

2) DESCRIBE YOUR IDEAL WEEKEND.

MY IDEAL WEEKEND STARTS WITH A LEISURELY MORNING, ENJOYING A GOOD BOOK AND A CUP OF COFFEE. THEN, I'D GO FOR A HIKE OR A WALK IN THE PARK TO GET SOME FRESH AIR AND APPRECIATE NATURE. IN THE AFTERNOON, I'D MEET UP WITH FRIENDS OR FAMILY FOR A FUN ACTIVITY, LIKE PLAYING A GAME OR HAVING A NICE MEAL TOGETHER. FINALLY, I'D RELAX AT HOME, MAYBE WATCH A MOVIE OR DO A CREATIVE PROJECT. IT'S ALL ABOUT BALANCE—BEING ACTIVE, SPENDING TIME WITH LOVED ONES, AND ENJOYING SOME QUIET MOMENTS.

PART 1.1

3) WHAT DO YOU ENJOY MOST ABOUT YOUR JOB OR STUDIES?

WHAT I ENJOY MOST ABOUT MY STUDIES IS DISCOVERING NEW IDEAS AND UNDERSTANDING HOW THINGS WORK. LEARNING ABOUT DIFFERENT SUBJECTS KEEPS ME **CURIOUS** AND EXCITED, AND IT'S REWARDING TO SEE HOW THE PIECES OF KNOWLEDGE FIT TOGETHER. I ALSO APPRECIATE THE CHALLENGE OF SOLVING COMPLEX PROBLEMS AND THE SATISFACTION THAT COMES FROM **MASTERING** NEW **CONCEPTS**. OVERALL, STUDYING KEEPS MY MIND ACTIVE AND HELPS ME GROW, BOTH PERSONALLY AND ACADEMICALLY.

CURIOUS-QIZIQUVCHAN

MASTERING-O'ZLASHTIRISH

CONCEPT-TUSHUNCHA

PART 1.1

3) WHAT DO YOU ENJOY MOST ABOUT YOUR JOB OR STUDIES?

WHAT I ENJOY MOST ABOUT MY JOB IS THE OPPORTUNITY TO HELP PEOPLE SOLVE PROBLEMS AND MAKE THEIR LIVES EASIER. EVERY DAY PRESENTS NEW CHALLENGES, AND FINDING SOLUTIONS FEELS REALLY REWARDING. I ALSO LOVE LEARNING NEW THINGS AND IMPROVING MY SKILLS. THE VARIETY IN TASKS KEEPS THINGS INTERESTING AND ENGAGING, AND SEEING POSITIVE RESULTS FROM MY WORK MAKES IT ALL **WORTHWHILE**. IT'S FULFILLING TO KNOW THAT WHAT I DO CAN HAVE A REAL IMPACT AND HELP OTHERS.

WORTHWHILE-ARZIYDI

PART 1.2



COMPARE THE TWO SHOPPING EXPERIENCES.
WHICH SHOPPING EXPERIENCE DO YOU PREFER AND WHY?
WHAT ARE THE PROS AND CONS OF SHOPPING IN EACH PLACE?

PART 1.2



COMPARE THE
TWO SHOPPING EXPERIENCES.

SHOPPING AT A SUPERMARKET AND AT TRADITIONAL STREET STORES OFFER **DISTINCT** EXPERIENCES. IN A SUPERMARKET, YOU ENJOY A WIDE RANGE OF PRODUCTS WITH FIXED PRICES AND MODERN CONVENIENCE LIKE QUICK **CHECKOUT**. IT'S EFFICIENT AND **STRAIGHTFORWARD**. IN CONTRAST, STREET STORES OFTEN PROVIDE A PERSONAL TOUCH WHERE YOU CAN INTERACT DIRECTLY WITH THE **VENDOR** AND EVEN **BARGAIN** FOR BETTER PRICES. THIS CAN MAKE SHOPPING MORE ENGAGING AND ALLOW FOR UNIQUE FINDS. WHILE SUPERMARKETS ARE ALL ABOUT CONVENIENCE AND VARIETY, STREET STORES OFFER A MORE PERSONAL AND INTERACTIVE EXPERIENCE.

DISTINCT-ALOHIDA

CHECKOUT- NAZORAT

VENDOR-SOTUVCHI

BARGAIN-SAVDOLASHISH

PART 1.2



WHICH SHOPPING EXPERIENCE DO YOU PREFER AND WHY?

I PREFER SHOPPING AT TRADITIONAL STREET STORES. I ENJOY THE PERSONAL TOUCH AND THE CHANCE TO INTERACT DIRECTLY WITH **VENDORS**. BEING ABLE TO **BARGAIN** FOR BETTER PRICES ADDS AN ELEMENT OF FUN AND HELPS ME FEEL MORE CONNECTED TO THE LOCAL COMMUNITY. WHILE SUPERMARKETS OFFER CONVENIENCE AND A WIDE RANGE OF PRODUCTS, I FIND THE EXPERIENCE OF EXPLORING STREET STORES AND DISCOVERING UNIQUE ITEMS MORE REWARDING AND ENGAGING.

PART 1.2



WHAT ARE THE PROS AND CONS OF SHOPPING IN EACH PLACE?

SHOPPING AT A SUPERMARKET HAS SEVERAL PROS: IT OFFERS A WIDE VARIETY OF PRODUCTS ALL IN ONE PLACE, AND IT'S QUICK AND CONVENIENT WITH ORGANIZED **AISLES** AND FIXED PRICES. HOWEVER, THE CONS INCLUDE LESS PERSONAL INTERACTION AND NO OPPORTUNITY TO **NEGOTIATE** PRICES. ON THE OTHER HAND, TRADITIONAL STREET STORES PROVIDE A MORE PERSONAL SHOPPING EXPERIENCE, AND YOU CAN OFTEN BARGAIN FOR BETTER PRICES, WHICH IS FUN AND CAN SAVE MONEY. THE DOWNSIDES INCLUDE A MORE LIMITED SELECTION AND POTENTIALLY LESS ORGANIZED SHOPPING, WHICH CAN TAKE MORE TIME.

AISLES-YO'LAKLAR

NEGOTIATE- KELISHMOQ

PART 2



WHAT ARE YOUR THOUGHTS ON THE IMPORTANCE OF PHYSICAL FITNESS?
DO YOU THINK SCHOOLS SHOULD PRIORITIZE PHYSICAL EDUCATION? WHY OR WHY NOT?
HOW CAN INDIVIDUALS MAINTAIN A HEALTHY LIFESTYLE?

PART 2

PHYSICAL FITNESS IS CRUCIAL FOR OVERALL HEALTH AND WELL-BEING. REGULAR EXERCISE HELPS KEEP OUR BODIES STRONG, OUR HEARTS HEALTHY, AND OUR MINDS SHARP. IT CAN REDUCE STRESS, IMPROVE MOOD, AND EVEN BOOST OUR IMMUNE SYSTEM.

SCHOOLS SHOULD DEFINITELY PRIORITIZE PHYSICAL EDUCATION. PHYSICAL ACTIVITY IS NOT JUST ABOUT STAYING FIT; IT'S ALSO ABOUT TEACHING KIDS THE VALUE OF A HEALTHY LIFESTYLE. REGULAR **PE CLASSES** HELP STUDENTS DEVELOP GOOD EXERCISE HABITS EARLY ON, LEARN TEAMWORK AND **SPORTSMANSHIP**, AND MANAGE STRESS BETTER. IT ALSO **COMBATS** THE RISE IN CHILDHOOD **OBESITY** AND RELATED HEALTH ISSUES.

TO MAINTAIN A HEALTHY LIFESTYLE, INDIVIDUALS SHOULD FOCUS ON A **BALANCED APPROACH**. THIS INCLUDES REGULAR PHYSICAL ACTIVITY, LIKE WALKING, CYCLING, OR PLAYING SPORTS, ALONG WITH A **NUTRITIOUS DIET** RICH IN FRUITS, VEGETABLES, AND WHOLE **GRAINS**. IT'S ALSO IMPORTANT TO GET ENOUGH SLEEP, STAY **HYDRATED**, AND MANAGE STRESS THROUGH ACTIVITIES LIKE MEDITATION OR HOBBIES. BY MAKING THESE HABITS A PART OF DAILY LIFE, ANYONE CAN LEAD A HEALTHIER, MORE FULFILLING LIFE.

VOCABULARY

PE CLASSES-

SPORTSMANSHIP-SPORT MAHORATI

COMBAT- JANG/KURASHISH

OBESITY-SEMIZLIK

BALANCED APPROACH- MUVOZANATLI YONDASHUV

NUTRITIOUS DIET- TO'YIMLI OVQATLANISH

GRAINS- DON

HYDRATED-NAMLANGAN

PART 3

People should be encouraged to work from home

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| <ul style="list-style-type: none">• It can save time and money on commuting.• It allows for a better work-life balance.• It can reduce traffic and pollution. | <ul style="list-style-type: none">• It might lead to feelings of isolation.• Not all jobs can be done from home.• It can be harder to separate work from personal life. |
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PART 3

ENCOURAGING PEOPLE TO WORK FROM HOME HAS SEVERAL CLEAR BENEFITS. FIRST, IT CAN SAVE BOTH TIME AND MONEY THAT WOULD OTHERWISE BE SPENT **COMMUTING**. WITHOUT THE DAILY DRIVE OR PUBLIC TRANSIT TRIP, PEOPLE CAN USE THAT TIME FOR MORE PRODUCTIVE OR ENJOYABLE ACTIVITIES, AND THEY SAVE ON TRANSPORTATION COSTS. ANOTHER SIGNIFICANT ADVANTAGE IS THE IMPROVED WORK-LIFE BALANCE. WORKING FROM HOME ALLOWS EMPLOYEES TO CREATE A FLEXIBLE SCHEDULE THAT FITS THEIR PERSONAL NEEDS, MAKING IT EASIER TO MANAGE FAMILY **RESPONSIBILITIES** AND PERSONAL TIME. ADDITIONALLY, REMOTE WORK CAN HELP REDUCE TRAFFIC CONGESTION AND LOWER POLLUTION LEVELS SINCE FEWER PEOPLE ARE DRIVING TO WORK. THIS **CONTRIBUTES** TO A HEALTHIER ENVIRONMENT AND CAN IMPROVE OVERALL QUALITY OF LIFE.

HOWEVER, THERE ARE SOME CHALLENGES TO CONSIDER. REMOTE WORK CAN SOMETIMES LEAD TO FEELINGS OF **ISOLATION**, AS EMPLOYEES **MISS OUT** ON SOCIAL INTERACTIONS WITH COLLEAGUES. NOT ALL JOBS CAN BE DONE FROM HOME, ESPECIALLY THOSE THAT REQUIRE SPECIALIZED EQUIPMENT OR **ON-SITE** PRESENCE. MOREOVER, WORKING FROM HOME CAN **BLUR** THE LINES BETWEEN PROFESSIONAL AND PERSONAL LIFE. IT CAN BE HARDER TO **SWITCH OFF** FROM WORK AND MAINTAIN BOUNDARIES, WHICH MIGHT LEAD TO LONGER WORKING HOURS OR BURNOUT IF NOT MANAGED PROPERLY.

IN CONCLUSION, WHILE WORKING FROM HOME OFFERS MANY BENEFITS LIKE SAVING TIME, ENHANCING WORK-LIFE BALANCE, AND REDUCING ENVIRONMENTAL IMPACT, IT ALSO PRESENTS CHALLENGES THAT NEED TO BE ADDRESSED TO ENSURE A POSITIVE AND PRODUCTIVE WORK EXPERIENCE.

VOCABULARY

COMMUTING-QATNOV

RESPONSIBILITIES-MAS'ULIYAT

CONTRIBUTE-HISSA QOSHISH

ISOLATION-IZOLYATSIYA

MISS OUT- SOG`INISH

ON-SITE-ISH OLIB BORILAYOTGAN JOYDA

BLUR- XIRA

SWITCH OFF-O'CHIRISH