SPEAKING NOTES

SPM TRIAL 2026 - PART 2

KEDAH

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5ST (Set 2)
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An incident in your area

Talk about an incident in your area

- where it was
- who wa there to help
- how you felt about it
- whether we should help out those in trouble (why/why not?)

What would you do if someone needs help?

Useful Phrases

residential area, along the mainroad, at a nearby playground, passers by, emergency services, call for help, concerned, safe and secure, lend a helping hand, offer assistance, call the authorities

Kedah (Set 1)

Sample B1	Sample B2
Today, I want to talk about an incident that happened in my area. To begin with, the first point is where it was. The incident happened near my neighbourhood, outside a small shop. I saw it when I was on my way home from school. Furthermore, the second point is who was there to help. A few passers-by and a shopkeeper were there to help. One person called for help, while another person helped the injured man. Next, the third point is how I felt about it. I felt shocked and worried because the incident happened suddenly. However, I felt relieved when the ambulance arrived. Finally, the last point is whether we should help those in trouble. Yes, we should lend a helping hand because everyone needs help sometimes. However, we should stay safe and ask for professional help when necessary.	Today, I want to talk about an incident that happened in my area. To begin with, the first point is where it was. The incident took place outside a busy shop in my neighbourhood last month. An elderly man suddenly slipped and fell while he was walking towards the shop. Furthermore, the second point is who was there to help. Several passers-by, including a shopkeeper and two teenagers, immediately came over to help. One teenager called for help, while the shopkeeper stayed with the injured man until the ambulance arrived. Next, the third point is how I felt about it. I was quite shocked and concerned because the incident happened without warning. At the same time, I felt grateful to see people helping a stranger. Finally, the last point is whether we should help those in trouble. Personally, I believe we should lend a helping hand because even a small act of kindness can make a difference. However, we should stay safe and avoid putting ourselves in danger. All in all, helping others can make our community safer and more caring.

If someone needs help, I would try to help them if I can. Iwould ask the person what happened. This is because I need to understand the situation first. For example, if an elderly person fell down, I would help them to sit somewhere safe and call for help if necessary.

Shopping Preference

Talk about your shopping preferences

- where it is
- when the best time to shop is
- how sellers attract you to their shops
- whether shoppers should prioritise needs over wants (why/why not?)

Where do you usually go shopping?

Useful Phrases

online platform, local shop, wide range of shops, convenient location, off-peak hours, festive season, special occasions, eye-catching displays, social media advertisements, limited-time offer, basic needs, avoid impluse buying, spend within our budget

Kedah (Set 1)

Sample B1	Sample B2
Today, I want to talk about my shopping preferences. To begin with, the first point is where I usually shop. I usually shop at a shopping mall near my house because there are many shops in one place. Sometimes, I also shop online because it is convenient. Furthermore, the second point is when the best time to shop is. I think the best time is during sales because I can get good discounts. I usually go shopping during the school holidays. Next, the third point is how sellers attract me to their shops. They use special offers, attractive displays and advertisements on social media. For example, a discount on clothes can make me interested. Finally, the last point is whether shoppers should prioritise needs over wants. Personally, I believe we should buy our needs first because we can save money and avoid wasting money. All in all, we should shop wisely.	Today, I want to talk about my shopping preferences. To begin with, the first point is where I usually shop. I prefer shopping at a shopping mall because it offers a wide range of shops. However, I also shop online when I want to save time and compare prices. Besides that, the second point is when the best time to shop is. Personally, I prefer shopping during sales or school holidays because I have more time to look for good deals. I can also compare prices before making a decision. Next, the third point is how sellers attract me to their shops. They often use discounts, attractive displays and social media advertisements. For example, an interesting promotion on Instagram may encourage me to visit a shop. Finally, the last point is whether shoppers should prioritise needs over wants. Personally, I believe we should prioritise our needs because this helps us manage our money wisely and avoid impulse buying. However, we can still treat ourselves occasionally if we can afford it. All in all, smart shopping is about knowing what we really need.

I usually go shopping at a shopping mall near my house. I like going there because there are many shops in one place. This is because I can find different things easily. For example, I can buy clothes, shoes and food at the same mall.All in all, I enjoy shopping at the mall because it is convenient and comfortable.

Artifical Intelligence

Talk about an AI tool that you like to use

- what AI tool you like to use
- how often you use it
- how it helps you
- whether AI is beneficial for students (why/why not?)

Which AI tool that you often use?

Useful Phrases

digital assistant, occasionally, when necessary, support my learning, independent lerning, personalised learning, quick explanations, use AI responsibly, avoid overdependence

Kedah (Set 2)

Sample B1	Sample B2
Today, I want to talk about an AI tool that I like to use. Firstly, the first point is what AI tool I like to use. I like using ChatGPT because it is easy to use and helpful for my studies. Besides that, the second point is how often I use it. I use it a few times a week, especially when I need help with my schoolwork. Next, the third point is how it helps me. It helps me find ideas, understand difficult topics and improve my English. For example, I can ask it to explain a difficult topic in a simple way. Finally, the last point is whether AI is beneficial for students. Personally, I believe AI is beneficial because it can support students' learning and save time. However, students should not depend on it too much.	Today, I want to talk about an AI tool that I like to use. Firstly, the first point is what AI tool I like to use. I like using ChatGPT because it is a useful tool for studying and finding information. Besides that, the second point is how often I use it. I use it several times a week, especially when I am doing homework or preparing for an exam. Next, the third point is how it helps me. It helps me generate ideas, explain difficult topics and improve my writing. For example, I can ask ChatGPT to explain a difficult lesson in a simpler way. Finally, the last point is whether AI is beneficial for students. Personally, I believe AI can be beneficial because it provides quick explanations and supports independent learning. However, students should use it responsibly and avoid copying answers without understanding them.

The AI tool that I often use is ChatGPT. One thing I like about it is that I can use it several times a week to help me with my schoolwork. For example, I use it to generate ideas, understand difficult topics and improve my writing. All in all, I find ChatGPT useful because it can support my learning and help me study more independently.

Food Recipe

Talk about your favourite food recipe

- what the food is
- how often you prepare it
- why you like this recipe
- whether learning to cook is important for teenagers (why/why not?)

What do you like to prepare at home?

Useful Phrases

homemade meal, local delicacy, traditional dish, from time to time, affordable ingredients, suits my taste, nutritious, customise the recipe, a comforting meal, important life skill, become independent, follow safety rules

Kedah (Set 2)

Sample B1	Sample B2
Today, I want to talk about my favourite food recipe. Firstly, the first point is what the food is. My favourite recipe is fried rice. It is simple and easy to prepare. Besides that, the second point is how often I prepare it. I usually prepare it once or twice a week, especially when I have free time. Next, the third point is why I like this recipe. I like it because it is delicious, simple and affordable. I can also add vegetables, eggs or chicken. Finally, the last point is whether learning to cook is important for teenagers. Personally, I believe it is important because teenagers can become more independent. They can also prepare their own meals instead of always depending on their parents.	Today, I want to talk about my favourite food recipe. Firstly, the first point is what the food is. My favourite recipe is fried rice, which is a simple dish that can be prepared with different ingredients. Besides that, the second point is how often I prepare it. I usually prepare it once or twice a week, especially during weekends or school holidays. Next, the third point is why I like this recipe. I like it because it is easy to prepare, affordable and tasty. I can also change the ingredients according to my preference. Finally, the last point is whether learning to cook is important for teenagers. Personally, I believe cooking is an important life skill because it helps teenagers become more independent and responsible. It can also help them make healthier food choices.

I like to cook fried rice at home, especially during weekends. One thing I like about cooking it is that it is simple and I can use ingredients that are already available at home. For example, I can add eggs, vegetables, chicken or other ingredients to make the dish more interesting.

Robots in the Future

Talk about robots in the future

- what they can do
- where robots can be used
- how you feel about robots
- whether robots can become friends (why/why not?)

Do you plan on getting a robot?

Useful Phrases

Modern technology
Artificial intelligence
Daily tasks, Smart machines
Human assistance
Advanced technology
Future developments
Automatic systems
Improve efficiency, Replace jobs

Kedah (Set 3)

Sample B1	Sample B2
To begin with, I think robots in the future will be able to do many useful things. They can do household chores, help people at work and even help students with their studies. Besides that, robots can be used in homes, hospitals, schools and factories. For example, a robot vacuum cleaner can clean the floor at home. As for my feelings, I am quite excited about robots because they can make our lives more convenient and time-saving. However, I think we should not depend on them too much. I believe robots can become companions, but they cannot completely replace human friends because humans have real emotions. All in all, robots can be very useful if we use them responsibly.	To begin with, I believe robots in the future will be able to perform many tasks that are difficult or repetitive for humans. With artificial intelligence (AI), they may help with household chores, assist elderly people and even support students with their learning. Besides that, robots can be used in various places, including homes, hospitals, schools and factories. For example, robots in hospitals could deliver medicine, while robots in factories could perform dangerous tasks. This could increase efficiency and reduce the risk of accidents. As for my feelings, I am excited about this technology because it can make our lives more convenient. However, I am also slightly concerned that people might become too dependent on robots. Personally, I believe robots can become companions because they can communicate with us and provide companionship. However, they cannot fully replace human friendships because people need genuine emotions and trust. All in all, robots can improve our lives if we use them wisely.

Yes, I do. I would like to get a robot that can help with household chores because it would save time. For example, a robot vacuum cleaner could clean the floor while I am studying.

Protecting Mother Nature

Talk about protecting the environment

- what you can do
- where you can do it
- who can be involved
- whether protecting the environment is important for our future

(why/why not?)

Have you ever done anything to protect the environment?

Useful Phrases

Protect wildlife, Reduce pollution
Natural resources
Environmental awareness
Save energy Plant trees
Eco-friendly habits
Climate change
Sustainable practices
Preserve nature

Kedah (Set 3)

Sample B1	Sample B2
To begin with, I can protect the environment by reducing plastic use, recycling and saving electricity. For example, I can bring a reusable water bottle to school instead of buying bottled drinks. Besides that, I can practise these habits at home, at school and in my neighbourhood. For example, my classmates and I can join a clean-up activity at a nearby park. As for who can be involved, I think students, families, teachers and local communities should work together. Everyone has a role to play. Personally, I believe protecting the environment is very important for our future because it can reduce pollution and protect our natural resources. It can also give future generations a cleaner place to live. All in all, small actions can make a big difference.	To begin with, there are many things I can do to protect the environment, such as reducing plastic use, recycling and saving water and electricity. For instance, I can bring a reusable bottle and separate recyclable waste at home. Besides that, environmental activities can be carried out at school and in the local community. Students can organise a clean-up programme at a nearby park, while families can practise recycling together at home. As for who can be involved, I believe everyone has a role to play. Students, parents, teachers, local communities and authorities can work together to raise awareness and encourage better habits. Personally, I believe environmental protection is extremely important for our future. Conservation of natural resources can help reduce pollution and protect the planet for future generations. We should also support renewable energy and more sustainable lifestyles. All in all, protecting the environment is a shared responsibility, and small actions can create a positive impact.

Yes, I have. I regularly separate recyclable items at home because it helps reduce waste. For example, I put plastic bottles, paper and cardboard in separate bags before sending them to a recycling centre.