SPM SPEAKING • PART 3

SABAH (LAHAD DATU) 2026

QUESTIONS

1. Why is it better to buy local products?

2. What are the effects of obesity?

Questions • Points • Dialogues

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SABAH (LAHAD DATU) 2026 SET 1

PART 3 • DISCUSS TOGETHER

Topic 49

Why is it better to buy local products?

Fresh

Cheaper

Promote local product

Economy

Good quality

Job opportunity

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SABAH (LAHAD DATU) 2026 SET 1

Topic 49

Why is it better to buy local products?

1 Fresh

Reason: Local food may reach buyers sooner after it is harvested.

Example: We can buy vegetables grown near the market.

2 Cheaper

Reason: Some local goods cost less to deliver.

Example: We can compare a local item with an imported one.

3 Promote local product

Reason: Buying local helps more people discover Malaysian goods.

Example: We can recommend a tasty local snack to friends.

4 Economy

Reason: Buying from local businesses supports our local economy.

Example: We can shop at a small Malaysian business.

5 Good quality

Reason: Local producers can make useful products that last.

Example: We can choose a sturdy locally made bag.

6 Job opportunity

Reason: Demand for local products can help businesses create jobs.

Example: A growing local food business may hire more workers.

SABAH (LAHAD DATU) 2026 SET 1 Topic 49

PART 3 • MODEL DIALOGUE

Why is it better to buy local products?

ROUND 1 • DISCUSS TOGETHER

A Hi! Let's discuss reasons to buy local products.

B Hi! What do you think about this topic?

A First of all, local food may reach buyers sooner after it is harvested. For example, we can buy vegetables grown near the market. Do you agree?

B Yes, I agree. Moreover, some local goods cost less to deliver. For example, we can compare a local item with an imported one. What do you think?

A Yes, you're right. Furthermore, buying local helps more people discover Malaysian goods. For example, we can recommend a tasty local snack to friends. Do you agree?

B I agree. Another point is that buying from local businesses supports our local economy. For example, we can shop at a small Malaysian business. What do you think?

A In addition, local producers can make useful products that last. For example, we can choose a sturdy locally made bag. Do you agree?

B Yes. Finally, demand for local products can help businesses create jobs. For example, a growing local food business may hire more workers. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

A We both agree that supporting the local economy is the most important reason to buy local products because our spending supports local businesses. What do you think?

B I agree with you because successful businesses can provide work for local people. Shall we end our discussion here?

A Yes, thank you.

B Thank you.

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SABAH (LAHAD DATU) 2026 SET 2 | Topic 50

PART 3 • MODEL DIALOGUE

What are the effects of obesity?

ROUND 1 • DISCUSS TOGETHER

A Hi! Let's discuss possible effects of obesity.

B Hi! What do you think about this topic?

A First of all, obesity can increase the risk of some health problems. For example, a person may need medical support for a related condition. Do you agree?

B Yes, I agree. Moreover, body worries and unkind comments can affect confidence. For example, someone may avoid an activity after hurtful remarks. What do you think?

A Yes, you're right. Furthermore, some people may get tired more easily during physical activity. For example, a person may find a long walk difficult. Do you agree?

B I agree. Another point is that some people face unfair treatment because of their body size. For example, hurtful comments at school should be reported. What do you think?

A In addition, obesity can be linked with sleep-related breathing problems. For example, someone with breathing concerns can seek medical advice. Do you agree?

B Yes. Finally, body stigma and other difficulties can affect mental wellbeing. For example, someone who feels low for a long time can seek professional help. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

A We both agree that he risk of health problems is the most serious concern because some related conditions may need treatment. What do you think?

B I agree with you because getting suitable support can help a person care for their health. Shall we end our discussion here?

A Yes, thank you.

B Thank you.

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SABAH (LAHAD DATU) 2026 SET 2

Topic 50

What are the effects of obesity?

1 Health issues

Reason: Obesity can increase the risk of some health problems.

Example: A person may need medical support for a related condition.

2 Low self-esteem

Reason: Body worries and unkind comments can affect confidence.

Example: Someone may avoid an activity after hurtful remarks.

3 Lack of energy

Reason: Some people may get tired more easily during physical activity.

Example: A person may find a long walk difficult.

4 Bullied

Reason: Some people face unfair treatment because of their body size.

Example: Hurtful comments at school should be reported.

5 Snoring

Reason: Obesity can be linked with sleep-related breathing problems.

Example: Someone with breathing concerns can seek medical advice.

6 Depression

Reason: Body stigma and other difficulties can affect mental wellbeing.

Example: Someone who feels low for a long time can seek professional help.

SABAH (LAHAD DATU) 2026 SET 2 | Topic 50

PART 3 • DISCUSS TOGETHER

What are the effects of obesity?

- Health issues

- Low self-esteem

- Lack of energy

- Bullied

- Snoring

- Depression

SPM SPEAKING • PART 3

SABK SELANGOR 2026

QUESTIONS

1. What jobs teenagers like to do in the future?
2. Why is AI important in the future?
3. How content creators influence our lives?

Questions • Points • Dialogues

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SABK SELANGOR 2026 SET 1

Topic 51

What jobs teenagers like to do in the future?

PART 3 • MODEL DIALOGUE

ROUND 1 • DISCUSS TOGETHER

A Hi! Let's discuss jobs teenagers may want to do in the future.

B Hi! What do you think about this topic?

A First of all, creating content lets people share ideas and interests. For example, a creator may make useful study videos. Do you agree?

B Yes, I agree. Moreover, a personal shopper helps customers choose suitable products. For example, they may find clothes within a customer's budget. What do you think?

A Yes, you're right. Furthermore, fashion design combines creativity with practical skills. For example, a designer may create an outfit for a school show. Do you agree?

B I agree. Another point is that some teenagers hope to work in competitive gaming. For example, they can learn about the training and challenges involved. What do you think?

A In addition, people can turn their art skills into a career. For example, an artist may draw pictures for a book. Do you agree?

B Yes. Finally, a qualified trainer helps clients exercise appropriately. For example, they need suitable training before guiding clients. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

A We both agree that becoming a content creator is the most interesting career choice because we can share useful ideas creatively. What do you think?

B I agree with you because we can create content about a subject we enjoy. Shall we end our discussion here?

A Yes, thank you.

B Thank you.

SABK SELANGOR 2026 SET 1 | Topic 51

PART 3 • SUGGESTED POINTS

What jobs teenagers like to do in the future?

1 Content creator

Reason: Creating content lets people share ideas and interests.

Example: A creator may make useful study videos.

2 Personal shopper

Reason: A personal shopper helps customers choose suitable products.

Example: They may find clothes within a customer's budget.

3 Fashion designer

Reason: Fashion design combines creativity with practical skills.

Example: A designer may create an outfit for a school show.

4 Gamer

Reason: Some teenagers hope to work in competitive gaming.

Example: They can learn about the training and challenges involved.

5 Artist

Reason: People can turn their art skills into a career.

Example: An artist may draw pictures for a book.

6 Personal trainer

Reason: A qualified trainer helps clients exercise appropriately.

Example: They need suitable training before guiding clients.

SABK SELANGOR 2026 SET 1

Topic 51

PART 3 • DISCUSS TOGETHER

What jobs teenagers like to do in the future?

Content creator

Personal shopper

Fashion designer

Gamer

Artist

Personal trainer

SABK SELANGOR 2026 SET 2

Topic 52

PART 3 • DISCUSS TOGETHER

Why is AI important in the future?

1. Enhances creativity

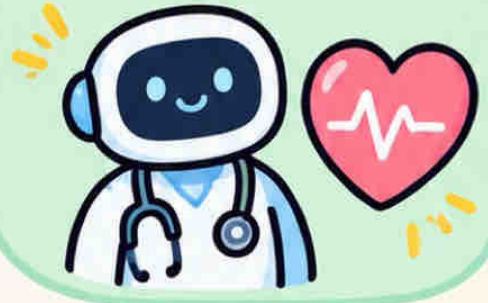
2. Improves communication

3. Solves problems

4. Reduces human errors

5. Supports learning

6. Better healthcare



SABK SELANGOR 2026 SET 2 | Topic 52

Why is AI important in the future?

1 Enhances creativity

Reason:
AI can help people explore different ideas.

Example:
We can ask for suggestions and develop our own idea.

2 Improves communication

Reason:
Some tools help people understand other languages.

Example:
We can use a translation tool and check the meaning.

3 Solves problems

Reason:
AI can help people organise information and compare options.

Example:
We can use it to sort data before making a decision.

4 Reduces human errors

Reason:
Some tools can notice repeated mistakes.

Example:
We can use a checking tool and review the result ourselves.

5 Supports learning

Reason:
Simple explanations can give students extra help.

Example:
We can ask for an example and check it with a teacher.

6 Better healthcare

Reason:
Carefully tested tools can help professionals analyse information.

Example:
A healthcare professional may use an approved tool at work.

SABK SELANGOR 2026 SET 2 | Topic 52

PART 3 • MODEL DIALOGUE

Why is AI important in the future?

ROUND 1 • DISCUSS TOGETHER

Candidate A: Hi! Let's discuss reasons AI may be important in the future.

Candidate B: Hi! What do you think about this topic?

Candidate A: First of all, AI can help people explore different ideas. For example, we can ask for suggestions and develop our own idea. Do you agree?

Candidate B: Yes, I agree. Moreover, some tools help people understand other languages. For example, we can use a translation tool and check the meaning. What do you think?

Candidate A: Yes, you're right. Furthermore, AI can help people organise information and compare options. For example, we can use it to sort data before making a decision. Do you agree?

Candidate B: I agree. Another point is that some tools can notice repeated mistakes. For example, we can use a checking tool and review the result ourselves. What do you think?

Candidate A: In addition, simple explanations can give students extra help. For example, we can ask for an example and check it with a teacher. Do you agree?

Candidate B: Yes. Finally, carefully tested tools can help professionals analyse information. For example, a healthcare professional may use an approved tool at work. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

Candidate A: We both agree that supporting learning is the most useful benefit for students because extra explanations can help us understand difficult topics. What do you think?

Candidate B: I agree with you because we can practise further while checking important information. Shall we end our discussion here?

Candidate A: Yes, thank you.

Candidate B: Thank you.

SABK SELANGOR 2026 SET 3 | Topic 53

PART 3 • MODEL DIALOGUE

How content creators influence our lives?

ROUND 1 • DISCUSS TOGETHER

A Hi! Let's discuss ways content creators influence our lives.

B Hi! What do you think about this topic?

A First of all, creators can influence what viewers want to buy. For example, a product video may make someone want a new bag. Do you agree?

B Yes, I agree. Moreover, outfits in videos may inspire people's clothing choices. For example, someone may try a style seen in a creator's video. What do you think?

A Yes, you're right. Furthermore, creators give people enjoyable content to watch. For example, we may watch a funny video in our free time. Do you agree?

B I agree. Another point is that useful posts can draw attention to important problems. For example, we may learn about a local recycling campaign. What do you think?

A In addition, some creators explain saving and budgeting ideas. For example, we can learn about a simple budget from a reliable source. Do you agree?

B Yes. Finally, content can influence our habits and how we spend time. For example, someone may try a morning walk after seeing a sensible idea. That's all from us. Thank you.

ROUND 2 • AGREE ON ONE POINT

A We both agree that raising awareness of important issues is the most valuable influence because useful posts can help more people notice a problem. What do you think?

B I agree with you because viewers may decide to support a helpful campaign. Shall we end our discussion here?

A Yes, thank you.

B Thank you.

SABK SELANGOR 2026 SET 3 | Topic 53

How content creators influence our lives?

1 Shopping

Reason:
Creators can influence what viewers want to buy.

Example:
A product video may make someone want a new bag.

2 Fashion

Reason:
Outfits in videos may inspire people's clothing choices.

Example:
Someone may try a style seen in a creator's video.

3 Entertainment

Reason:
Creators give people enjoyable content to watch.

Example:
We may watch a funny video in our free time.

4 Awareness on important issues

Reason:
Useful posts can draw attention to important problems.

Example:
We may learn about a local recycling campaign.

5 Educate on finance

Reason:
Some creators explain saving and budgeting ideas.

Example:
We can learn about a simple budget from a reliable source.

6 Shape our daily routine

Reason:
Content can influence our habits and how we spend time.

Example:
Someone may try a morning walk after seeing a sensible idea.

SABK SELANGOR 2026 SET 3

Topic 53

PART 3 • DISCUSS TOGETHER

How content creators influence our lives?

Shopping

Fashion

Entertainment

Awareness on important issues

Educate on finance

Shape our daily routine