

IELTS Speaking – Health

VOCABULARY

<p>Nouns</p> <p>Allergy Appetite Cravings Diagnosis Diet Disease Eating disorder Infection Nutrition Obesity Stress Treatment Therapy Weight</p>	<p>Adjectives</p> <p>Allergic Chronic Harmful Healthy Infectious Obese Overweight Persistent Regular Vital</p>	<p>Verbs</p> <p>Avoid Counteract Cure Eliminate Maintain Overdo Overeat Prevent Recommend Recover Reduce</p>
<p>Healthy activities/habits</p> <p>taking regular exercise playing sport(s) (going) swimming (going) cycling going to the gym eating fruit and vegetables drinking water having a balanced diet</p>	<p>Unhealthy habits</p> <p>smoking binge drinking taking drugs eating too much being overweight</p>	<p>Collocations</p> <p>to look after your health to take care of our health to maintain your health to be in good / poor health to regain your health to keep / stay healthy to feel healthy</p>

SAMPLE PART 1 QUESTIONS

- What do you do to stay healthy?
- Is it easy to keep fit where you live?
- What do you think is more important, eating healthily or doing exercise?
- Do you have a good public health system in your country?
- Is there anything you'd like to improve about it?
- Do you eat junk food?
- Do you have any healthy habits?
- Do you have any unhealthy habits?
- Do you enjoy exercising?
- What are the most popular ways of keeping healthy in your country?
- What do most people do to keep fit in your country?

SAMPLE PART 2 QUESTIONS

Describe something you do to keep healthy. You should say:

- what this activity is
- when you do it
- how often you do it
- why you think it's a good way to look after your health.

Talk about a form of exercise you used to do but no longer do now. You should say:

- Where you used to do it
- Who you used to do it with
- Why you stopped

And say if you would like to restart that sport or not, and why

Speak about something you would like to do to improve your health. You should mention:

- Why it is healthy
- Why you want to do it
- How popular that thing is

And then say if you think you will do that soon or not, and why

SAMPLE PART 3 QUESTIONS

- Do you think people worry more about their health as they get older?
- Why do you think some people continue bad habits when they know that they are damaging to their health?
- How can children be encouraged to adopt healthy eating habits?
- Do you think people have become more health conscious in recent years?
- Could governments do more to promote healthier lifestyle options?
- How important is it for people to do some regular exercise?
- Why do some people think that modern lifestyles are not healthy?
- Why do some people choose to live unhealthy lives?
- Should individuals or governments be responsible for making people's lifestyles healthy?
- What could be done to encourage people to live in a healthy way?