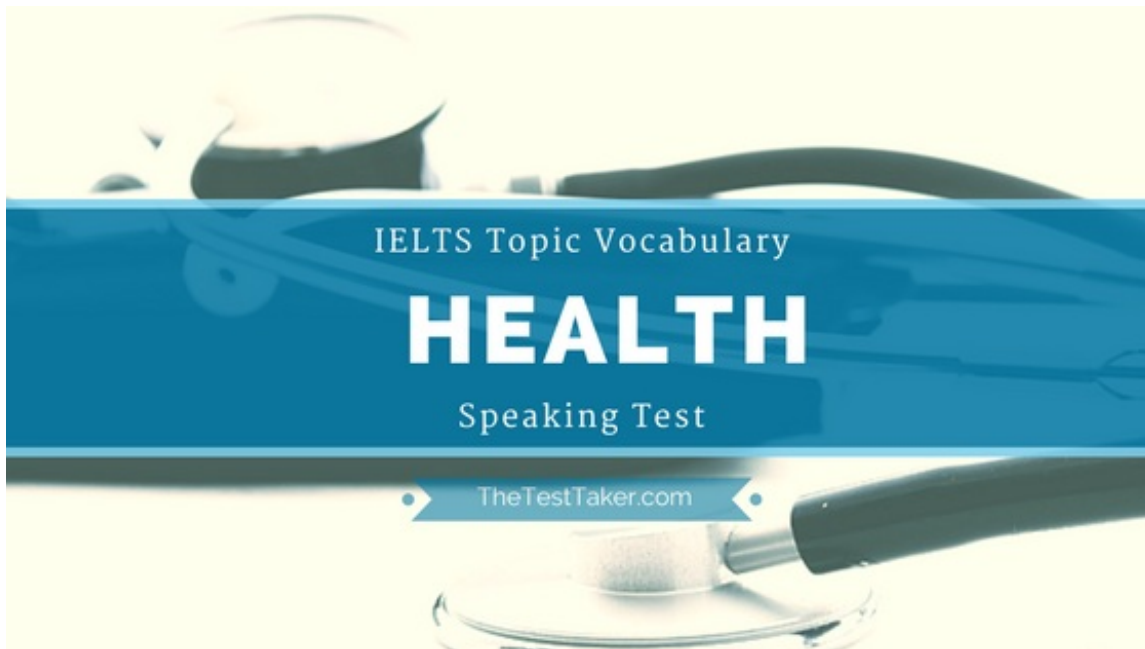


IELTS Topic Vocabulary for Speaking test: Health and Healthcare

thetesttaker.com/2016/06/13/ielts-topic-vocabulary-for-speaking-test-health-and-healthcare/



What you will find in this article:

- Common *questions* from Part 1, 2 and 3 of speaking test.
- *Collocations*, words and phrases that will help you to talk about health and healthcare.
- How other people tell *stories* related to health and its role in our life.
- Links to useful materials which you can use to *read articles*, and *listen podcasts* about health and healthcare.
- Vocabulary from sub-topics and related areas such as: ways to stay healthy, healthy diet and lifestyle, diseases.

Part 1 Sample Questions

- In what ways do you try to stay healthy?
- Is it easy to keep fit where you live?
- What part of your lifestyle would you most like to make healthier?
- Are you careful about what you eat?
- How important is a healthy lifestyle for you?
- Do you eat much junk food?

Part 2 Sample Question: Cue Card

Describe a time when you were ill. You should say:

- when this was

- what your symptoms were
- how long the illness lasted

and say how it affected your life at the time.

Part 3 Sample Questions

- How is healthcare promoted in your country?
- What is the role of the government in promoting healthcare?
- What more do you think could be done to promote healthy living in your country?
- How can individuals take more responsibility for their own health?

Reading: Health Vocabulary Found on QUORA | What is The Best Way To Stay Healthy?

- physical health
- mental health
- 20 mins walk
- jog every day
- its tiring in the beginning to jog daily
- burning calories
- intense workout

- to limit your “processed sugar” intake
- limit your carbs intake
- healthy diet
- I have never felt so fit and happy before
- It really changed my life
- the key to a good healthy life
- The best way to stay physically healthy

- ...keep you physically healthy
- foods that have not been processed
- Carbohydrates
- Proteins
- Fats
- staying active
- hit the gym every day

- doing some activity or exercise regiment
 - do home exercise
 - losing weight
 - I eat healthy food
 - I exercise regularly
 - this week I have been to the gym 4 times
 - I cycle in more clement weather
-
- diet and nutrition hacks
 - Hold yourself accountable
 - Move as much as possible in your everyday life
 - Walk instead of taking the car/bus/subway
 - Take the stairs instead of taking the escalator or elevator

Source:

[What is The Best Way To Stay Healthy?](#)

Reading: Health Vocabulary Found on QUORA | How Can I Stop Eating Junk Food After 8 PM?

- substitute healthier foods
 - passive activities
 - active hobbies
 - to move away from junk food over time
 - lower in calories
 - much better for you
 - preserved meats
-
- to escape processed carbs
 - ...have potential health issues
 - eat something healthier
 - better alternatives
 - nutritionally balanced dinner
 - to break “snaking” habit
 - replace them with foods...

- healthy habit
- another thing that can be helpful
- a way to enjoy life and live healthy
- home cooked balanced diet
- drink loads of water

- eating late at night
- difficult to digest
- mentally feel down
- consuming less food
- I got addicted to junk food
- do exercise and drink water

Reading: Health Vocabulary Found on QUORA | What Are Symptoms Of Swine Flu?

- get sick
- cough
- fever
- sore throat
- stuffy or runny nose

- body aches
- headache
- chills
- fatigue
- seasonal flue
- serious complications

Reading: Health Vocabulary Found on QUORA |Why Does Modern Healthcare Primarily Focus on Treating Disease Instead Of Promoting Health?

- lose weight
- exercise
- stop smoking
- wear seat belts
- practice safe sex
- eat a low fat diet
- modern health care

- medical industry
- nutrition
- wellness
- disease prevention
- drug industry
- maintaining health
- preventing disease
- early diagnosis and treatment

Reading: Health Vocabulary Found on QUORA

- it is always your job to do what is best for you
 - everything is up to the individual
 - can cure all their ills without help
 - people have smoked for years
 - hospitals have a better knowledge than people
 - to provide better care for everyone
 - healthcare insurance
-
- emergency room
 - poor health
 - each citizen has a personal responsibility for their own health
 - government should help its citizens in this regard
 - educate its citizens to motivate them to care for their own health
 - provide the infrastructure
 - access to proper nutrition
-
- access to recreation
 - nobody can do that for you
 - government does have a responsibility to watch out for our health
 - a healthy society
 - to do its best to...
 - framework of support
 - general health

- lifestyle-related diseases
- manage symptoms
- managing the general environment
- play an important part in someone's health
- I see the individuals as being the one in charge with his well-being

Podcast: Health Vocabulary |

Health, Feeling ill – Phrasal Verbs & Expressions

Source:

[40. Health / Feeling ill – Phrasal Verbs & Expressions](#)

[Right click to download mp3](#)

Podcast: Health Care Vocabulary |

Health Care in Australia

- medical treatment
 - get sick
 - get injured
 - quality health care
 - feel sick
-
- to see a doctor
 - medical practice
 - get treatment
 - dentists
 - physiotherapists
-
- dieticians
 - special medical staff
 - to visit a doctor
 - prescribe medicines
 - pharmacy
-
- my doctor referred me to...
 - to go to hospital

- emergency cases

Source:

[Health Care in Australia | SlowEnglish.info](#)

[Click to listen the episode](#)