

TOPIC: HEALTH

Sample answers, useful
vocabulary and resources for
IELTS speaking exam

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References to teaching and authentic materials related to this topic: IELTS blogs, podcasts, videos and articles.

1. SAMPLE ANSWERS

PART 1

1. In what ways do you try to stay healthy?

- I try to have a **balanced diet** as often as I can. I also **exercise** regularly.

2. Is it easy to keep fit where you live?

- To be honest, no, it is not. Fast foods are always tempting. People around me can be bad influence when it comes to **being fit** especially when choosing **healthy foods** and doing some exercises.

3. What part of your lifestyle would you most like to make healthier?

- Well, I would say, my **sleeping habits**. I can hardly get enough rest at night. I usually **lack sleep**.

4. Are you careful about what you eat?

- Not really. But, I try though. It's just that, it's difficult to choose what to eat.

5. How important is a healthy lifestyle for you?

- I think it is very important. It helps us to be more effective and **productive** with our everyday activities.

6. Do you eat much junk food?

- No. I rarely eat **junk food**. I just eat them when other people who are with me are eating them, and I only eat a small amount.

PART 2

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.

I will talk about a terrible experience when I got ill. It happened a few months ago when I had flu coupled with **sore throat**. A week before it happened, I was so stressed with work. I had stayed late nights in the office to meet several deadlines. I **lack sleep** and I couldn't also eat on time.

My body started to **feel weak**; I started **to have slight fever** and **colds**. I knew it was going to be bad because I **was having headaches**, and severe muscle and **body aches**. I also started to have **dry cough** and my throat hurts.

It lasted for about a week. I **went to see a doctor** so I can get the right **prescription**. I was advised **to have bed rest** for a few days.

I was **not able to report for work** for a week. Luckily, I have already finished all my deadlines before it happened. But, it had still affected my life because I failed to do my daily routine. I also asked my mom to take care of me since I lived alone. When I came back to work, there's a huge pile of paper work waiting on my desk.

PART 3

1. What is the role of the government in promoting healthcare?

I believe that the government plays a major role in **promoting healthcare**. The government should educate the people about health and guide them about having **healthy lifestyles**. It must create more programs and activities that would **disseminate** appropriate and accurate information about health. I also believe that the government should improve the health sector to make it more accessible for the people.

2. What more do you think could be done to promote healthy living in your country?

I think that the government should have more **initiatives** and **implement strict policies** when it comes to activities that affect people's health. For example, the **banning of smoking** in public places would not just benefit the smokers, but the none-smokers as well. People must also be educated about the advantages of having a **healthy lifestyle**. I also think that putting up more establishments for people to **engage in sports** or exercises must be **encouraged**.

3. How can individuals take more responsibility for their own health?

Lifestyle plays a major role in our health. We must care for our own health. There are a lot of things we can do to **stay fit and healthy**. For example, **being conscious** about our food intake and exercising regularly must be practiced. **Discipline** is very important. We must be always try to **avoid** unhealthy practices and **vices**.

2. KEY VOCABULARY

balanced diet

range of food that is arranged in good proportions

If you eat a well **balanced** and healthy **diet**, and take a reasonable amount of exercise, the occasional junk food meal certainly won't harm you.

exercise

physical activity done to improve health

Obesity and lack of **exercise** tend to lead to insulin resistance.

to be fit

to be in good physical shape

Allan hasn't **been fit** enough for full-time professional football.

healthy foods

food that helps to stay physically strong and resilient

Choosing the right **healthy food** depends on one's perceptions.

sleeping habits

a settled or regular tendency or practice, related to sleep, especially one that is hard to give up

I suffer from insomnia and at times it is very hard to level out my **sleeping habits**.

to lack sleep

be deficient in sleep

I usually **lack sleep**.

to be productive

to be efficient, achieving useful results

What do you need **to be productive**?

organic food

food that is produced without using harmful chemicals

Organic food is much too expensive.

vegetarian food

food that does not contain meat

I'm a strict vegetarian right from my birth and I don't even know the taste of **non vegetarian food**.

processed food

food that has chemicals in it to make it last a long time

The term '**processed food**' applies to any food that has been altered from its natural state.

junk food

food that is full of sugar or fat, and is bad for your health

The less **junk food** you eat, the less you want

fast food

food such as hamburgers, which is prepared quickly and which you can take away with you to eat

For one month, I ate nothing but **fast food**.

banning of smoking

prohibiting of smoking

The primary reason the government has not already **banned smoking** is because of the very large tax revenue they receive for the sale of tobacco.

disseminate information

spread information

It is not illegal to **disseminate information** on how to make a bomb.

initiative

an act or strategy intended to resolve a difficulty or improve a situation

There is a new **initiative** against highly processed food.

to implement policies

to put into effect a plan or principle of action adopted by a government, organization or individual

What are the best **implemented** Australian government **policies** of the last 50 years?

healthy lifestyle

the way in which a person or group lives that helps to stay physically strong and resilient

All you need to do to have a **healthy lifestyle** is follow 3 simple things.

engage in sports

participate or become involved in sports

If you **engage** yourself **in sports** that does not mean that your weight will decrease.

to encourage

give support, confidence

I do not **encourage** diets, eating less or limiting the amount of food one eats.

to be conscious

to be aware of something, aware that something is important

Being health **conscious** is to know what are healthy and unhealthy practices.

discipline

controlled or self-controlled behavior

When you are **disciplined**, healthy and good at something people will come into your life.

to avoid vices

keep away from a bad habit

Dieting and **avoiding vices** are useful to stay healthy.

intense workout

vigorous session of physical exercise

An **intense workout** varies from person to person. Intense workout for me would mean pushing myself beyond limits.

to limit sugar intake

to restrict the amount of sugar taken into body

Get lots of exercise, eat a balanced diet, **limit sugar intake**, don't smoke day.

to stay active

to remain filled with activity

It is important **to stay active** to keep from gaining weigh.

to hit the gym

to arrive at a gym

This week I **hit the gym** twice.

to lose weight

to slim down

If you want to **lose weight**, you need to eat less and exercise more. You need to burn more calories than you take in.

to hold yourself accountable

to say or decide that you should accept the responsibility for something

Hold yourself accountable: set goals and set deadlines. Keep up with them.

healthy habit

something that you do regularly or usually, often without thinking about and that helps you to stay physically strong and resilient

There is 1 thing to help you create **healthy habits**. Know why you're changing the habit in the first place.

prescription

an instruction written by a medical practitioner that authorizes a patient to be provided a medicine or treatment

I **went to see a doctor** so I can get the right **prescription**.

to get sick

become ill

At the last minute, I **got sick** and couldn't go.

to cough

to suddenly push air out of your throat with a short sound, often repeatedly

The man paused and **coughed** nervously before continuing.

fever

an illness or a medical condition in which you have a very high temperature

If your child has a **fever** when teething , it 's best to contact your physician

sore throat

a condition marked by pain in the throat - the passage from the back of your mouth to the top of the tubes that go down to your lungs and stomach

A **sore throat** is a symptom of the common cold

runny nose

A condition of discharge of mucus (a slimy substance) from the nose, often a symptom of the common cold

Turmeric is an efficient solution for how to get rid of a **runny nose** and cold as well.

headache

a continuous pain in the head

Computer **headaches** are common these days. In fact, computers may be one of the main causes of chronic daily headaches in today's world.

chills

an unpleasant feeling of coldness in the atmosphere, one's surroundings, or the body

Chill is the feeling of cold and shivering that comes with or without fever. Chills may also occur when exposed to a cold environment.

fatigue

extreme tiredness, typically resulting from mental or physical exertion or illness

Many types of muscle **fatigue** could be attributed to calcium deficiency.

flu

a viral infection similar to a cold but more serious and with a high temperature and weak, aching muscles

Debbie had really bad **flu**.

disease prevention

when disease (illness) is stopped from happening

Disease prevention companies should be spending money on disease prevention research

health benefits

an advantage gained from something that helped to stay physically strong and resilient

Coriander is also known as the miracle herb. That is used widely across the world with a lot of **health benefits**.

early diagnosis

the identification of the nature of an illness done before the usual or expected time

Preventative care, **early diagnosis**, and general wellness care are relatively inexpensive to provide, and they can help promote healthy behaviors both in general and specific to any health risks that a person might have.

treatment

medical care

Medical **treatment** will not cure the disease but will remedy the symptoms.

lifestyle-related diseases

A disease associated with the way a person or group of people lives. Lifestyle diseases include atherosclerosis, heart disease, and stroke; obesity

Diabetes is a **lifestyle related disease**.

dentist

a person qualified to treat the diseases and conditions that affect the teeth and gums

Ten out of 23 (43 per cent) children and adolescents had not seen a **dentist** since their last review .

pharmacy

a shop preparing and dispensing medicinal drugs

Pharmacies will no longer provide the abortifacient morning-after pill to girls under the age of 16.

3. WORD FORMATION

health

noun

Lifestyle plays a major role in our **health**.

healthy

adjective

Choosing the right **healthy food** depends on one's perceptions

discipline

verb

Discipline is very important. We must be always try to **avoid** unhealthy practices and **vices**.

disciplined

adjective

it is a lot easier than you think to become more **disciplined**.

accountable

adjective

Hold yourself **accountable**: set goals and set deadlines. Keep up with them.

accountability

noun

There is a substantial difference between the meanings of **accountability** and responsibility.

cough

noun

I also started to have **dry cough** and my throat hurts.

to cough

adjective

The man paused and **coughed** nervously before continuing.

diet

noun

Undeniably, fresh fruit is an important part of our **diet**.

dietary

adjective

Only in more recent years have our **dietary** habits changed.

to diet

verb

Most people who actively **diet** usually end up piling weight back on.

diagnosis

noun

Preventative care, early **diagnosis**, and general wellness care are relatively inexpensive to provide

to diagnose

verb

Doctors **diagnosed** a rare and fatal liver disease.

4. COLLOCATIONS AND PHRASES

excellent
full
good
perfect
bad
poor
declining

adverb+

health

have
look after
maintain
promote
damage
harm
ruin
risk

verb+

health

care
authority
issue
needs
problem
hazard risk
education
centre

health+noun

health

balanced
good
healthy
sensible
adequate
bad
poor
unhealthy
staple

adjective+

diet

eat
have
live on
survive on

verb+

diet

strict
slimming
weight-loss
weight-reducing
low-calorie
restricted
special
gluten-free
high/low-fibre
high/low-protein
low-fat
salt-free

adjective+

diet

dietary
drinking
eating

adjective+

habit

acquire
develop
form
get into
make
break
change

verb+

habit

emergency
hospital
specialist
dental, medical
surgical
dietary
nutritional

adjective+

treatment

get
have
receive
need
require
seek
advise
prescribe
recommend
suggest

verb+

treatment

common
obscure, rare
chronic
infectious
non-communicable
insect-borne
water-borne
occupational

adjective+

disease

have
catch
get
carry
pass on
spread
diagnose
treat
cure
prevent

verb+

disease

suffer from disease
the risk of disease
the spread of (a) disease
the symptoms of a disease, the treatment
for/of a disease

phrase+

disease

5. USEFUL RESOURCES

THIS TOPIC ON IELTS BLOGS

- [IELTS Topic Vocabulary for Speaking test: Health and Healthcare \[thetesttaker.com\]](https://www.thetesttaker.com/ielts-topic-vocabulary-for-speaking-test-health-and-healthcare/)
- [IELTS Health Vocabulary \[ielts-speaking.co.uk\]](https://www.ielts-speaking.co.uk/ielts-health-vocabulary/)
- [Health Vocabulary \[ieltsadvantage.com\]](https://www.ielts-advantage.com/health-vocabulary/)

PODCASTS

- [Health / Feeling ill – Phrasal Verbs & Expressions \[teacherluke.co.uk\]](https://www.teacherluke.co.uk/health-feeling-ill-phrasal-verbs-expressions/)
- [Podcast 13 – Health Care in Australia \[slowenglish.info\]](https://www.slowenglish.info/podcast-13-health-care-in-australia/)
- [15 Of The Biggest Health, Fitness, And Life Lessons \[theshawnstevensonmodel.com\]](https://www.theshawnstevensonmodel.com/15-of-the-biggest-health-fitness-and-life-lessons/)

ARTICLES

- [Important Healthcare Vocabulary \[thoughtco.com\]](https://www.thoughtco.com/important-healthcare-vocabulary/)
- [What is The Best Way To Stay Healthy? \[quora.com\]](https://www.quora.com/What-is-the-best-way-to-stay-healthy?m=1)

VIDEOS

- [AJ Jacobs: How healthy living nearly killed me \[ted.com\]](https://www.ted.com/talks/aj-jacobs-how-healthy-living-nearly-killed-me)
- [Talking about being sick – English health vocabulary \[engVid\]](https://www.youtube.com/watch?v=...)
- [Talking About Sickness | Learn English \[ETJ English\]](https://www.youtube.com/watch?v=...)

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