

Speaking for Proficiency

Topic: Health and Fitness

IELTS Speaking Test Simulation: Health-related issue

IELTS Speaking Part 2 Task Card

Describe a health-related issue you had.

You should say:

- what it was
- how long you had it
- how it affected your life

and explain how you managed to overcome it.

You will have to talk about the topic for one to two minutes. You have one minute to think about what you're going to say. You can make some notes to help you if you wish.

IELTS Speaking Part 3 Questions

Health and Lifestyle

Question	Type of Question	Suggested Expressions	Grammar Points
Why do you think maintaining good health is important?	Opinion	"I believe that...", "In my opinion...", "From my perspective...", "It seems to me that..."	Use of modal verbs (should, must), present simple for general truths
What are some common ways people in your country try to stay healthy?	Descriptive	"In my country, many people...", "A common practice is...", "Typically, people...", "It is common for people to..."	Present simple, passive voice (are encouraged to), frequency adverbs (often, usually)
How has the concept of a healthy lifestyle changed over the years?	Comparative	"Over the years, the concept has evolved...", "In the past, people used to...", "Nowadays, it is more common to...", "Compared to before..."	Past simple vs. present perfect, used to vs. usually

Healthcare System

Question	Type of Question	Suggested Expressions	Grammar Points
How accessible is healthcare in your country?	Evaluative	"Healthcare in my country is quite accessible because...", "However, there are some challenges...", "Overall, the accessibility is...", "In general, access to healthcare..."	Use of adverbs (quite, generally), conjunctions (because, however)
What are the advantages and disadvantages of the healthcare system in your country?	Analytical	"One of the main advantages is...", "On the other hand, a significant disadvantage is...", "In summary, the system...", "While there are benefits, there are also drawbacks..."	Use of comparative structures, conjunctions (while, although)
Do you think people in your country are satisfied with the healthcare they receive? Why or why not?	Opinion/Evaluation	"I think people are generally satisfied because...", "However, there are some who feel...", "The main reason for dissatisfaction is...", "Some people believe that..."	Use of reporting verbs (think, believe), conditionals (if...then)

Diet and Exercise

Question	Type of Question	Suggested Expressions	Grammar Points
How important is diet in maintaining good health?	Opinion	"Diet plays a crucial role because...", "In my view, a balanced diet is essential because...", "I believe that healthy eating habits...", "It is vital that people..."	Use of modal verbs (can, should), present simple for general statements
What are some traditional foods in your country that are considered healthy?	Descriptive	"Some traditional healthy foods include...", "For example, many people eat...", "A popular dish is...", "Traditionally, people consume..."	Use of present simple, specific examples, relative clauses (that are considered)
How can regular exercise contribute to a healthy lifestyle?	Explanatory	"Regular exercise contributes by...", "It helps in maintaining...", "Exercise is beneficial because...", "Engaging in physical activities..."	Use of gerunds (contributing, maintaining), present simple, cause and effect structures

Mental Health

Question	Type of Question	Suggested Expressions	Grammar Points
How is mental health perceived in your country?	Descriptive/ Evaluative	"Mental health is perceived as...", "Recently, there has been a shift in...", "Traditionally, people thought...", "Nowadays, there is more awareness of..."	Use of passive voice, present perfect for recent changes, comparative structures
What measures can be taken to improve mental health awareness?	Suggestive	"To improve mental health awareness, it is important to...", "One effective measure could be...", "Governments could also...", "Implementing programs that..."	Use of infinitive structures (to improve), modal verbs (could, should), present simple for suggestions
Do you think the government should do more to support mental health? Why or why not?	Opinion	"I believe the government should do more because...", "It is crucial for the government to...", "The main reason is that...", "If the government invests more in..."	Use of modal verbs (should, must), conditionals (if...then), present simple for opinions

Future of Healthcare

Question	Type of Question	Suggested Expressions	Grammar Points
How do you think healthcare will change in the next 10 years?	Predictive	"In the next 10 years, healthcare will likely...", "I predict that technology will...", "There might be significant improvements in...", "It is expected that..."	Use of future tense (will, might), present continuous for future plans, passive voice for predictions
What role do you think technology will play in the future of healthcare?	Predictive	"Technology will play a crucial role by...", "We can expect advancements such as...", "Future healthcare systems will likely...", "Innovations in technology will..."	Use of future tense (will), modal verbs (can, might), present simple for future predictions
Do you believe traditional medicine will continue to be relevant in the future?	Opinion	"I believe traditional medicine will remain relevant because...", "Although modern medicine is advancing, traditional practices...", "In my opinion, there is still value in...", "Despite the advances in modern medicine..."	Use of present simple for general truths, contrast structures (although, despite), modal verbs (will, might)



Model Answer for Part 2 Task Card - Band 7

Describe a health-related issue you had.

You should say:

- what it was
- how long you had it
- how it affected your life

and explain how you managed to overcome it.

Model Answer:

"Alright, I'd like to talk about a health-related issue I had about two years ago. It was a pretty challenging time for me. I developed a severe case of bronchitis, which is an inflammation of the bronchial tubes in the lungs. This came about after a particularly nasty bout of the flu.

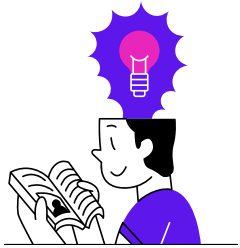
I had bronchitis for nearly three weeks. Initially, I thought it was just a lingering cold, but when my cough worsened and I started experiencing shortness of breath, I knew something was wrong. It was really hard because it impacted almost every aspect of my life. For starters, I had to take time off work, which was stressful since I had a lot of responsibilities at my job. Also, I couldn't engage in my usual physical activities like jogging or even going for long walks, which I really enjoy. On top of that, the constant coughing made it difficult to sleep at night, leaving me feeling exhausted during the day.

Overcoming bronchitis was a bit of a journey. I visited my doctor, who prescribed antibiotics and recommended plenty of rest and fluids. Following his advice, I took the medication regularly and made sure to stay hydrated. I also used a humidifier in my room to help ease the breathing difficulties. Moreover, I started consuming more herbal teas, like ginger and honey tea, which seemed to soothe my throat and reduce the coughing.

Another important step was making dietary changes to boost my immune system. I increased my intake of fruits and vegetables, particularly those rich in vitamin C, like

oranges and bell peppers. I also stayed away from dairy products, as they can sometimes increase mucus production.

Gradually, I began to feel better. The coughing reduced, and I could breathe more easily. After three weeks, I was back on my feet and could return to my regular activities. This experience taught me a lot about the importance of taking care of my health and listening to my body. It also made me appreciate the value of preventive measures, such as getting enough rest and maintaining a healthy diet, to avoid falling ill in the first place."



Comparison of Band 7 and Band 8 Answers for IELTS Speaking Part 2

Description: This table highlights the differences between a Band 7 and a Band 8 response for the IELTS Speaking Part 2 cue card. The improved elements in the Band 8 answer are emphasized in bold.

Aspect	Band 7 Answer	Band 8 Answer	Changes
Introduction	"Alright, I'd like to talk about a health-related issue I had about two years ago. I developed a severe case of bronchitis after a nasty bout of the flu."	"Alright, I'd like to talk about a health-related issue I experienced about two years ago. I developed a severe case of bronchitis following a particularly nasty bout of the flu. "	Use of " experienced " instead of "had" and " following a particularly nasty bout of the flu " for more precise and varied vocabulary.
Description	"I had bronchitis for nearly three weeks. Initially, I thought it was just a lingering cold, but when my cough worsened and I started experiencing shortness of breath, I knew something was wrong. It affected my life significantly."	"I suffered from bronchitis for nearly three weeks. Initially, I assumed it was just a lingering cold, but when my cough worsened and I began experiencing shortness of breath, I realized something was seriously wrong. It significantly impacted my life."	Use of " suffered from " for a more vivid description, " assumed " instead of "thought" for precision, and " I realized something was seriously wrong " for emphasis.
Impact	"I had to take time off work, which was stressful because I had many responsibilities. I couldn't jog or even go for long walks, and the constant coughing made it difficult to sleep at night, leaving me exhausted during the day."	"I had to take time off work, which was stressful given my many responsibilities. I couldn't jog or even take long walks, and the persistent coughing made it difficult to sleep at night, leaving me exhausted during the day."	Use of " given my many responsibilities " for a more natural flow and " persistent coughing" for a precise description.
Overcoming the Issue	"Overcoming bronchitis took some effort. I visited my doctor, who prescribed antibiotics and	"Overcoming bronchitis required considerable effort. I visited my doctor, who prescribed antibiotics and recommended plenty	Use of " required considerable effort " for a stronger expression and " diligently

	recommended rest and plenty of fluids. I took the medication regularly and made sure to stay hydrated. Using a humidifier in my room helped ease my breathing, and I drank herbal teas like ginger and honey to soothe my throat."	of rest and fluids. I diligently followed his advice, taking the medication regularly and staying well-hydrated. Using a humidifier in my room helped ease my breathing, and I drank herbal teas like ginger and honey to soothe my throat."	followed his advice" for precision.
Dietary Changes	"I also made dietary changes to boost my immune system, eating more fruits and vegetables rich in vitamin C, like oranges and bell peppers. I stayed away from dairy products, as they can sometimes increase mucus production. Gradually, the coughing reduced, and I could breathe more easily."	"I also made dietary changes to boost my immune system, incorporating more fruits and vegetables rich in vitamin C, like oranges and bell peppers, into my diet. I avoided dairy products, as they can sometimes increase mucus production. Gradually, the coughing subsided , and I could breathe more easily."	Use of "incorporating more fruits and vegetables" for precision and "subsided" for a more sophisticated vocabulary.
Conclusion	"After three weeks, I was back to my regular activities. This experience taught me the importance of taking care of my health and listening to my body. It also made me appreciate the value of preventive measures, such as getting enough rest and maintaining a healthy diet, to avoid	"After three weeks, I was back to my regular activities. This experience taught me the importance of taking care of my health and listening to my body. It also made me appreciate the value of preventive measures, such as getting enough rest and maintaining a healthy diet, to avoid falling ill in the first place."	No significant changes; this section was already strong.



Model Answer for Part 3 Questions - Band 7+

Question 1: How accessible is healthcare in your country?

"Healthcare in my country is generally accessible, particularly in urban areas where there are numerous hospitals and clinics. The government offers public healthcare, funded by taxes, which ensures that basic medical services are affordable for everyone. However, there are challenges, especially in rural areas where facilities are limited. People often have to travel long distances to access healthcare, which can be difficult in emergencies. Additionally, public healthcare sometimes suffers from long waiting times due to high demand. Private healthcare is an alternative that offers quicker access but is significantly more expensive and not affordable for everyone. Overall, while there are issues, the healthcare system works relatively well, and there are ongoing efforts to improve accessibility, particularly in underserved areas."

Question 2: How important is diet in maintaining good health?

"Diet is crucial for maintaining good health. A balanced diet provides essential nutrients that our bodies need to function properly, like vitamins and minerals from fruits and vegetables. It helps prevent chronic diseases such as obesity, diabetes, and heart disease by promoting a healthy weight and reducing risks. Portion control and regular meals are also important to avoid digestive issues and imbalanced blood sugar levels. Additionally, a healthy diet supports mental well-being by providing the nutrients needed for brain function and emotional stability. Overall, a healthy diet is fundamental to both physical and mental health."



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