



Live Lesson Notes

Health

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Some useful links

My **GOLD** online course for **IELTS Speaking**

<https://keithspeakingacademy.com/ielts-band7-gold-yt>

Live Lesson on **Medicine**

<https://youtube.com/live/XdevoRoD8so>

Lesson on **Health and Fitness**

<https://youtube.com/live/ZYIARvkx870>

Lesson on **Healthy Food**

<https://keithspeakingacademy.com/how-to-talk-about-food-in-ielts-speaking/>

Synonyms for **feeling sick**

Follow me on **social media**

<https://www.youtube.com/@EnglishSpeakingSuccess>

<https://www.facebook.com/keithspeakingacademy>

<https://www.facebook.com/groups/KeithIELTSMastermind/>

https://www.instagram.com/keith_speaking_academy/

Warm Up

Fill in the gaps with *one* or *two* words

1. The doctor recognised my _____ and prescribed some _____
2. If you are feeling off _____, you should go and see the doctor

Answers at bottom of PDF

IELTS Speaking Vocabulary: HEALTH

Health (n. U.) /helθ/

= the condition of the body and state of being well

- Physical health
- Mental health
- Preventative health (*activities to avoid sickness*)

To be in ____ health [good, poor, declining, fragile] - *adjectives*

I'm in good health, but my grandad is sick and in declining health

Declining (adj.) = going down, getting worse

Fragile (adj.) = Delicate

To _____ your health [boost, promote, improve / harm, damage]
-verbs

Superfoods can boost your health

Ultra-processed foods do not boost your health, they harm your health

Synonyms

Well-being (n. U.)

Wellness (n. U.)

Fitness (n. U.)

Don't work so much, your well-being is very important

Antonyms

A sickness (n. C.)

An ailment (n. C.)

A disease (n. C.)

The older I get, the more ailments I have 🤔

Health and feelings

I feel + adjective

I feel _____ [great, energetic, full of beans, on top of the world]

I feel _____ [weak, poorly, lethargic, sluggish, drained, out of sorts, off colour, under the weather]

*She is feeling **on top of the world** today, on the other hand,*

*I'm feeling **lethargic**, I just don't want to get out of bed!*

I have never felt better

I am alive and kicking

IELTS Speaking Idioms: HEALTH

Can you guess these idioms?

1



Your



2

As



As



3



4



Answers at bottom of PDF

Speaking and Listening: Food and Health

Listening Bingo



<https://on.soundcloud.com/wjeTNcdE5bPPCs4Q7>

Listen to this conversation about food and health. They are in a coffee bar. Answer the questions below

1) What Asian food is mentioned?

Answers at bottom of PDF

2) Listen again and tick the box when you hear *the exact words*. When you have 3 boxes in a row, type BINGO in the chat!

Feeling blue	Off colour	Get a biome
Digestion levels	Balanced diet	Live bacteria
Female foods	Healthy recipes	Good advice

Answers at bottom of PDF

Full script on next page

Full Script

Karen: Hey Maria, how are you doing today?

Maria: Hi Karen, I'm good, thanks! But I've been **feeling** a bit **off colour** lately. Do you think I should start eating some superfoods?

Karen: Maybe! But listen, have you heard about the **gut microbiome**? They say it has a big impact on how you feel.

Maria: The gut what?

Karen: The gut microbiome! It's all the tiny **bacteria** living in your stomach. Apparently, having a **healthy mix** of these bacteria can help with digestion, energy levels, even your **mood!** (=emotional state)

Maria: Wow, I never knew that! So how do I get a **healthy gut**?

Karen: Well, eating a **balanced diet** with lots of fruits and vegetables is a good start. They have fibre, which those good bacteria love!

Maria: Interesting. And what about superfoods? Are they good for the gut too?

Karen: Some might be! Things like berries, yogurt with probiotics, and even **fermented foods** like kimchi could be helpful. They all have different benefits.

Maria: Kimchi? Isn't that really spicy?

Karen: It can be! But you don't have to eat just kimchi. There are lots of other options. Maybe we can research some **healthy recipes** together this weekend?

Maria: That sounds great, Karen! Thanks for the advice. Maybe with a healthier gut, I'll have more energy too!

Dad Jokes

1)
Why is a doctor always calm?

Answer at bottom of PDF



2)
John: Yesterday, the doctor told me I was colourblind.
Tom: Was that a surprise for you?
John: Yes, the diagnosis came completely out of the purple.



The correct expression is 'Out of the blue' = suddenly (adv.). However, the joke is that because he is colour blind, he even confuses the colours when speaking (which of course, is not true).

NOTE: This is meant as a joke, and in now way aims to belittle people who are colourblind.

IELTS Speaking Discussion Health & Technology

Before you listen, here are some useful words:

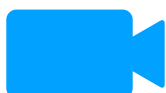
A **rash** = area of redness on your skin (due to illness or allergy)

Symptom (n.)= An indicator of a sickness. (**Sneezing** is a symptom of a cold)

Diagnosis (n.) = The identification of a sickness (e.g a **cold** or **the flu**)

The patient has the symptoms and the doctor gives the diagnosis

Watch and answer the questions below.



[Click to watch](#)

1) What are the 3 areas where technology is impacting our health, according to the candidate

Answers at bottom of PDF

2) Watch again and note any **useful collocations**

Full script on next page

Full Script

So when it comes to health and technology, yeah, I think technology has had a **big impact on** our health, generally speaking.

I mean, first of all, let's talk about **wearable health trackers**.

Nowadays, everybody's trying to do their 10,000 steps and to measure that, they're wearing smartwatches or these **fitness trackers** that can track how far you've walked, they can measure your heartbeat and give you more **sophisticated statistics**, which is great.

And I think that motivates people to do more exercise and **stay in shape** (=keep healthy)

The only thing is, I guess people can become a bit **obsessed by** the numbers and maybe even competitive if they're sharing it with other people. And maybe it's become too much of an obsession.

The second big area where I think technology has changed our health and our lives, especially for doctors, is Telehealth, right?

The provision of **health services** remotely whereby the patient can contact their doctor or their GP via a video call or even by chat or sending a picture.

For example, if a patient has a rash on their skin they can send a picture to the doctor, the doctor can ask about the symptoms, and then together they can, well, work together and the doctor can **give a diagnosis** and maybe even **prescribe medicine** (=authorise the use of medicine) directly to the patient.

So this is clearly **cutting down on** (=to reduce) **waiting times** which is a **big bonus** for all patients, right?

And it helps doctors become more productive and efficient.

--

Now, the one area where possibly, I think doctors would agree that it's maybe not beneficial is the growth well of **self-diagnosis**.

So I'm talking about people jumping on the Internet, looking at health websites to find out what's wrong with them if they **have an ailment** (=have a sickness) and they try and discover the problem and they diagnose themselves and then they go to the doctor and say, I think I've got this, I think I've got that.

Some people even become **hypochondriacs** (=people who are abnormally worried about their health). They're obsessed with all the different sicknesses they have, because they've read about them.

And I think sometimes this doesn't help doctors who, they're the professionals, they know the situation. And I guess, yes, it can be good for us to **get peace of mind** (=relax because you now know something) on what you've not got by looking on the Internet.

But there's so much misinformation. I think it's a **slippery slope** (=something can easily get worse) and a slightly dangerous thing to do to be trying to self diagnose.

So there we have it. Three different ways that technology is impacting our health.

ANSWERS

Warm Up

Fill in the gaps with *one* or *two* words

1. The doctor recognised my **_symptoms / illness / pain / _sickness / problem_____** and prescribed some **_medicine, medication, drugs, pills _____**
2. If you are feeling off **_colour / today_____**, you should go and see the doctor

To feel off = to feel unwell

to feel off colour = to feel unwell

IELTS Speaking Idioms: HEALTH

Can you guess these idioms?

①

~~ON~~

Your



2

As



As



3



4



To be off your game

To feel off your game

= To not feel well enough to perform at your best

I'm sorry that wasn't a good presentation, I just feel off my game today; I didn't sleep well last night

To be as right as rain

= to feel perfectly healthy

He was sick last week, but now he's as right as rain and back to work

To be coming down with something

= To start to feel sick

You look very pale today, are you coming down with something?

To feel peaky

= To feel slightly unwell

She said she felt peaky, so she decided to leave work early and go home and rest

Speaking and Listening: Food and Health



Listening Bingo

What Asian food is mentioned?

Kimchi

Listen again and make a box when you hear *the exact words*. When you have 3 boxes in a row, type BINGO in the chat!

Feeling blue	Off colour	Get a biome
A healthy gut	Balanced diet	Live bacteria
Female foods	Healthy recipes	Good advice

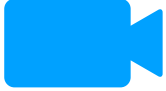
Dad Jokes

Why is a doctor always calm?

Because they have a lot of patients.

- 1) Patient (s)** = sick people in a hospital
- 2) Patience (adj.)** = ability to wait quietly

IELTS Speaking Discussion Health & Technology



[Click to watch](#)

Watch and answer the question below.

1) What are the 3 areas where technology is impacting our health, according to the candidate

1. **Fitness/ health trackers**
2. **Telehealth**
3. **Self-diagnosis**