

IELTS Speaking Vocabulary: Food and Healthy Eating

Learn the words. Use them fluently.

1. Listening Activity
2. Vocabulary about Food
3. Learning Vocabulary Effectively
4. Idioms



Warm up

What do you think of when I say 'fast food'?

- Junk food
- McDonald's / KFC / Fast food chains
- Processed food
- Ultra-processed food
- Pre-prepared food
- Ready-made meals
- Convenience food
- Fatty food - foods high in fat (negative)
- Oily food = greasy food (negative)
- Unhealthy
- Delicious
- Canned food (with additives)
- Street food

Vocabulary note:

Additives = sugar, fat, salt, e-numbers, acid (things that preserve the food and

Flavourings = things that add flavour

Food (n. U / C)

'Food' is usually uncountable, but can be countable when referring to specific kinds of food.

I've eaten too much food (Uncountable)

I should eat fewer fatty foods (Countable)

Listening Activity

1) Listen to someone talk about a new food trend (=a fashion)



<https://soundcloud.com/keithohare/new-healthy-eating-trend>

1. Which food trend is mentioned?

Answers at end of PDF

2) Listen again and discover the collocations below
(find ONE missing word)

1. It's a **growing** _____
2. The _____ **impact** of what they eat
3. Reduce your **carbon** _____
4. **Plant-based** _____
5. Lead to some _____ **deficiencies**
6. It is **gaining** _____ in many countries

Answers at end of PDF

3) Listen again and read the script

Full Script on Next Page

Full Script

You know, **it's really taken off** (=become successful) in the last few years. It used to be kind of niche (=a small, specialised field/area), but now it's **a growing trend** all over the world.

I think one big reason is that people are becoming more **health-conscious** (adj.) (=aware and take care of your health). They want to eat better, **cut down on** (=reduce the intake of) meat and dairy, and just feel better overall.

Also, lots of people are starting to think more about the **environmental impact** of what they eat. I read that switching to a **plant-based diet** can really help reduce your **carbon footprint** (=how much carbon your lifestyle produces), which is something I'd never considered before.

I'm not vegan myself, but I've tried a few **plant-based alternatives**—like soya milk and meat-free burgers—and to be honest, they're not bad! Some of them actually taste great.

Of course, it's not for everyone. There are some challenges, you know, this diet, if not well planned, could lead to some **nutrient deficiencies** (= a lack), such as lack of certain vitamins or protein, especially if you are into sports.

Also you have to **give up** (=stop eating) cheese and chocolate. **Easier said than done!** But if you want to **dip your toes in** (=to try something new before committing to it), even making small changes—like having a vegan meal once or twice a week—can make a difference to your health.

So yeah, whether it's for health, animals, or the planet, I can see why it's becoming more popular. And it seems to be more than a **fad** (=a passing trend), it really is gaining traction in many countries. Definitely give us **food for thought!**

IELTS Speaking Vocabulary: Healthy Food

1. A **diet** (n. C / U) /'daɪət/

a) The food and drink usually eaten by a person or group (U)

*The mediterranean **diet** is said to be very healthy.*

b) A special course of food to improve health or lose weight (C)

*She switched to a plant-based **diet** to improve her health.*

*He went on a special **diet** after his heart attack.*

Collocations

- to go on a diet
- to stick to a diet
- a balanced diet
- a healthy diet
- a crash diet = a quick diet (done in a short period of time)

I go on a diet every summer

It's hard to stick to a diet

I try to eat a balanced diet

2. To **take off** (v) /'teɪk ɒf/

= To become suddenly successful or popular.

Plant-based diets have really taken off in recent years.

My business has taken off these last 2 months.

Similar Words

- To boom
- To soar
- To explode (in popularity)

Veganism is booming

Veganism is exploding in popularity

3. A **nutrient** (n.) /'nju:tri.ənt/

= A substance we need to consume to live and grow
(E.g. protein, fat, carbohydrates, minerals, vitamins)

A healthy diet should give you all the nutrients you need.

Fruit and vegetables are full of essential nutrients.

Collocations

- essential nutrients
- **rich in** nutrients
- nutrient deficiencies

*This food is **rich in** fat / protein / vitamin D*

Nutritional (adj) /nju:'tri:f.ən.əl/

Sugar has no nutritional value

Nutrition (n U). /nju:'tri:f.ən/

= things you eat as food

Good nutrition is essential for babies

A nutritionist (n. Person)

= a person who specialises in nutrition

4. To **cut down on** (v.) /'kʌt daʊn ɒn/

= To reduce the amount of something (especially food, drink, or habits).

*Many people are trying to **cut down on** sugar to live healthier lives.*

Similar Words

To reduce

To limit

To scale back (on)

Collocations

- cut down on meat/sugar/caffeine
- cut down on screen time

I need to cut down on meat

You should cut down on smoking

Learning Vocabulary Effectively

"I find it hard to use vocabulary from the live lessons in my IELTS test!"

"I can understand but, I can't use these words"

Knowing is not the same as **owning!**

You need to **know and own** these words so you can use them easily.

A simple system to own words and learn them effectively

1. Repeat and Pronounce Correctly
2. Make phrases
3. Hear in different contexts (stories)
4. Test
5. Review (stories, songs, visualisations, podcasts)

You can get this ready-made **system** for **22 topics** in

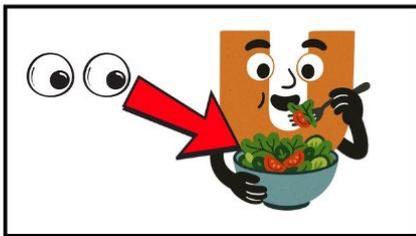
The Vocabulary Vault!



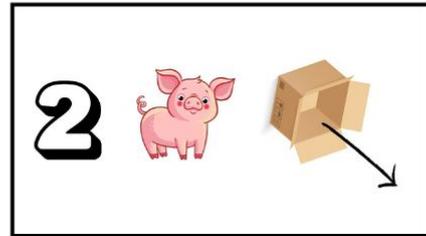
Idioms to talk about FOOD and HEALTHY EATING

Can you guess these idioms?

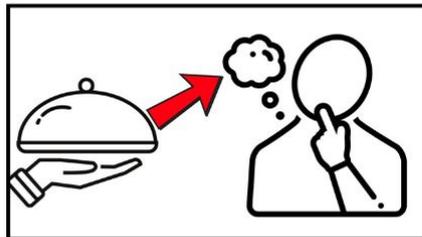
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1. _____

2. _____

3. _____

Answers at end of PDF

SONG about FOOD

 <https://suno.com/s/c2mgzc8JSyU5KafK>

The Celebration

I've been cutting down, no rich foods, no wine,
But tonight we're celebrating, so everything seems fine,
Tim sat calm, then Mark rushed in, hunger in his eyes,
"Just what the doctor ordered!" he said to the other guys.

*Cut down on this, cut down on that,
But tonight, there's no looking back.
Raise your glass to the days ahead,
For the future is ours, that's what I said.*

Sarah bolted her burger down, but Tim took his time,
Oysters, such an acquired taste, so don't eat mine.
Mark made a toast, with a grin so bright,
To adventures and dreams, let's enjoy tonight!

*Cut down on this, cut down on that,
But tonight, there's no looking back.
Raise your glass to the days ahead,
For the future is ours, that's what I said.*

One for the road, they stayed a while,
Laughing and dreaming, in their own style.
The night was theirs, the bonds held tight,
A memory to carry through the darkest night.

*Cut down on this, cut down on that,
But tonight, there's no looking back.
Raise your glass to the days ahead,
For the future is ours, that's what I said.*

ANSWERS

Listening Activity

Answers

1. Plant-based diets / Being a vegan /'vi:.gen/ (Veganism)

Vocabulary Note:

Vegans avoid any animal-produced products (eggs, meat, dairy)

A plant-based diet = a vegan diet

A vegetarian doesn't eat meat.

Meat-substitute products

Meat-free burgers

Question 2

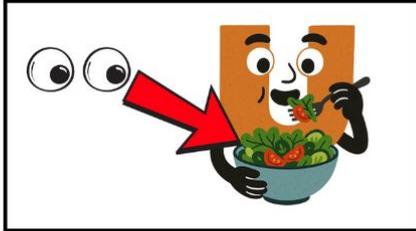
1. It's a growing **trend**
2. The **environmental** impact of what they eat
3. Reduce your carbon **footprint**
4. Plant-based **alternatives**
5. Lead to some **nutrient** deficiencies
6. It is gaining **traction** in many countries

Vocabulary Note:

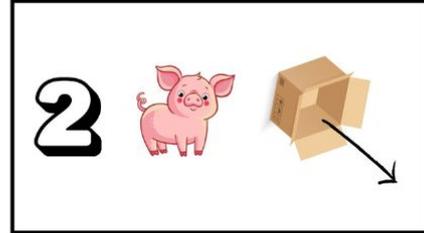
To **gain traction** (idiomatic) = to stick, to become popular (an idea or product)

Idioms

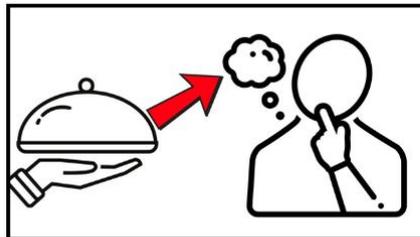
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②



③



1. To watch what you eat

= To be careful about your diet for health or appearance.

*I've started **watching what I eat** since I turned thirty. I feel better already!*

Other idioms

• You are what you eat

= Your diet impacts your physical health

• My eyes are bigger than my stomach

= I have eaten too much!

2. To pig out

= To eat a lot, often in an uncontrolled way.

I try to eat healthily during the week, but I pig out on Saturdays.

Similar idioms

- **To wolf down** (something) = to eat quickly
- **To eat like a horse** = to eat a lot

3. Food for thought

= Something that makes you think carefully.

Learning about the environmental impact of meat really gave me food for thought.