



Lesson 6: Health and Lifestyle

IELTS Speaking Part 3



The English Hub

Introduction to IELTS Speaking Part 3

What is Speaking Part 3?

- This part follows immediately after your Part 2 response. It lasts around **4–5 minutes** and includes **discussion-based questions** related to the Part 2 topic but on a **wider social scale**.

What you need to show:

- Ability to **discuss abstract topics logically**
- Use of **examples, comparisons, and balanced viewpoints**
- Use of **complex grammar** and accurate topic vocabulary
- Structured and fluent speaking

Topic today: Health and Lifestyle, a frequent and important area in IELTS.



Sample IELTS Part 3 Questions: Health & Lifestyle

- **Why do some people choose unhealthy lifestyles even when they know the risks?**
- **How can governments encourage people to lead healthier lives?**
- **Do modern lifestyles make it harder to stay healthy? Why?**
- **Should employers care about the health of their employees?**

Tip: Focus on clarity, depth, and structure in your response. Speak for 3–5 sentences per answer.



Grammar Focus: Modals for Obligation and Advice

When discussing health-related choices and responsibilities, modal verbs are often useful.

Structures:

- **should / ought to** – advice
- **must / have to** – strong obligation
- **mustn't / shouldn't** – negative obligation/advice

Examples:

- “People **should** eat more fruit and vegetables.”
- “Governments **must** raise awareness about obesity.”
- “Children **shouldn't** spend too much time in front of screens.”

Mini Task: Create one sentence with **should**, one with **must**, and one with **shouldn't**.



Vocabulary for Health and Lifestyle

Common Nouns:

nutrition, exercise, mental health, illness, obesity, stress, immune system, diet, lifestyle

Useful Verbs:

maintain, improve, promote, suffer from, recover, adopt, avoid

Activity: Use 3 of the above terms in a short paragraph (2–3 sentences) about your own or someone else's healthy or unhealthy habits.



Grammar Focus: Gerunds and Infinitives

When talking about health habits and preferences, gerunds and infinitives often appear.

Rules:

- Gerunds = **verb + -ing** → used after certain verbs (enjoy, avoid, suggest)
- Infinitives = **to + verb** → used after certain verbs (want, need, decide)

Examples:

- “Many people avoid **eating** junk food.” (gerund)
- “Doctors advise patients to **exercise** regularly.” (infinitive)
- “He decided **to stop smoking** after his check-up.”

Mini Task: Write two sentences – one using a gerund, one using an infinitive.



IELTS Practice Question: Balanced Lifestyle

How can people balance work and health in their daily life?

Try to include:

- One modal verb
- One health-related verb (e.g. maintain, avoid)
- One contrast phrase (e.g. “however”, “while”)
- One real or hypothetical example

Example:

“People **should** set time aside for physical activity, even during a busy week. **While** it can be hard to find the time, a simple walk or home workout makes a difference. For example, I know someone who started walking every evening and noticed improved energy levels.”



Roleplay Debate: Lifestyle Choices

You meet a neighbour for a coffee and talk about health risks. Your neighbour says the following:

“People should take care of their own health, it's not the government's responsibility.”

Respond to this opinion with:

- One contrasting opinion
- One modal verb
- One real-world example

Example:

“I partly agree, but I think governments **must** play a role too. For example, offering free fitness programmes or banning unhealthy food ads aimed at children can help make better choices more accessible.”



Activity: Compare Two Lifestyles

Compare a **sedentary lifestyle** with an **active lifestyle**.

Use:

- comparative structures (more than, less than, better, worse)
- vocabulary from earlier (diet, exercise, energy, etc.)

Example:

“An active lifestyle is often **better for mental health** and helps maintain a healthy weight. In contrast, a sedentary lifestyle can lead to problems such as obesity and low energy levels.”

Task: Compare the two using at least one comparison and one health verb.



Idioms and Natural Expressions: Health

Try using one or two of these to sound more natural and fluent:

- “under the weather” – feeling unwell
- “a clean bill of health” – declared healthy
- “prevention is better than cure” – it’s better to avoid problems
- “run down” – tired, weak
- “in good shape” – physically fit

Mini Task: Create a sentence using one idiom about your own lifestyle.



IELTS Drill: Real Exam Question

Do you think modern diets are better or worse than those of the past?

Include:

- One modal verb
- One gerund/infinitive
- One comparison
- One example

Example:

“Modern diets are more convenient but often **less nutritious** than traditional ones. People **tend to rely on** fast food, which may save time but isn’t healthy. In contrast, past generations ate more home-cooked meals with fresh ingredients.”



Grammar Challenge: Correct the Sentences

Identify and correct the mistakes:

- “He don’t need eat vegetables.”
- “You should to go to gym more.”
- “Avoid to drink fizzy drinks every day.”

Corrected:

- He **doesn’t need to eat** vegetables.
- You **should go** to the gym more.
- Avoid **drinking** fizzy drinks every day.

Task: Write one new sentence using “should” and a gerund/infinitive correctly.



Pronunciation Focus: Lifestyle Vocabulary

Practise saying the following words:

- balanced diet
- physical activity
- health benefits
- mental wellbeing
- prevent disease
- sugar intake

Task: Use two of the above in a natural spoken sentence.



Structured Speaking Challenge

Answer the following question:

Should employers offer health and fitness programmes at work? Why or why not?

Include:

- 1 opinion phrase
- 1 comparison
- 1 real-life or imagined example
- 1 idiom or modal verb

Speak for 1–2 minutes.



Common IELTS Errors (Health Topics)

- “She must to take more exercise.”

“She **must take** more exercise.”

- “I suggest to eat more fruits.”

“I **suggest eating** more fruit.”

- “They doesn’t do enough sport.”

“They **don’t do** enough sport.”

Activity: Correct these three and create one sentence of your own with a health-related modal + verb.



Vocabulary Recap & Practice

Topic review:

lifestyle
nutrition
stress
balance
prevention

immune
system
active
moderate
exercise

overweight
mental health

Task: Use 4 of these in a single structured paragraph about your ideal healthy lifestyle.



Reflection Prompt

Prompt:

If you could improve one health habit in your country, what would it be and why?

Include:

- 1 modal verb
- 1 idiom
- 1 cause-effect sentence

Speak for 2 minutes.



Review Checklist

- ✓ Did I give full, well-developed answers?
- ✓ Did I use modal verbs and gerund/infinitive structures?
- ✓ Did I show opinion, comparison, and cause-effect?
- ✓ Did I use topic-specific vocabulary and at least one idiom?

Have a go at the question on the next slide if you wish to improve any of your concerns from the checklist, take turns with your tutor to give you further examples of answers!



Extra Practice

Question:

How can schools help children lead healthier lives?

Requirements:

- 1 modal verb
- 1 infinitive/gerund
- 1 contrast sentence
- 1 example

Practice speaking for 1.5–2 minutes.



Final Discussion Question

Final Challenge:

Do you believe that technology has improved or harmed people's health?

Include:

- Opinion
- Balanced argument
- One real-world example
- One comparison

