

# IELTS Vocabulary

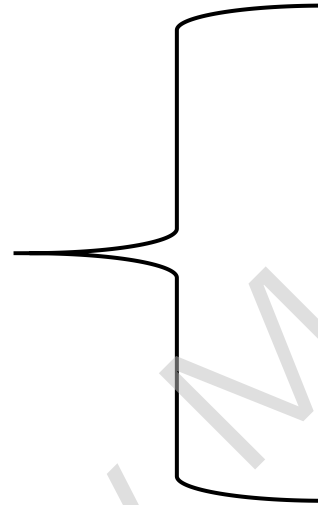
——尤梦怡 Melanie



# CONTENTS



Keeping fit



**Diet**

**Health**

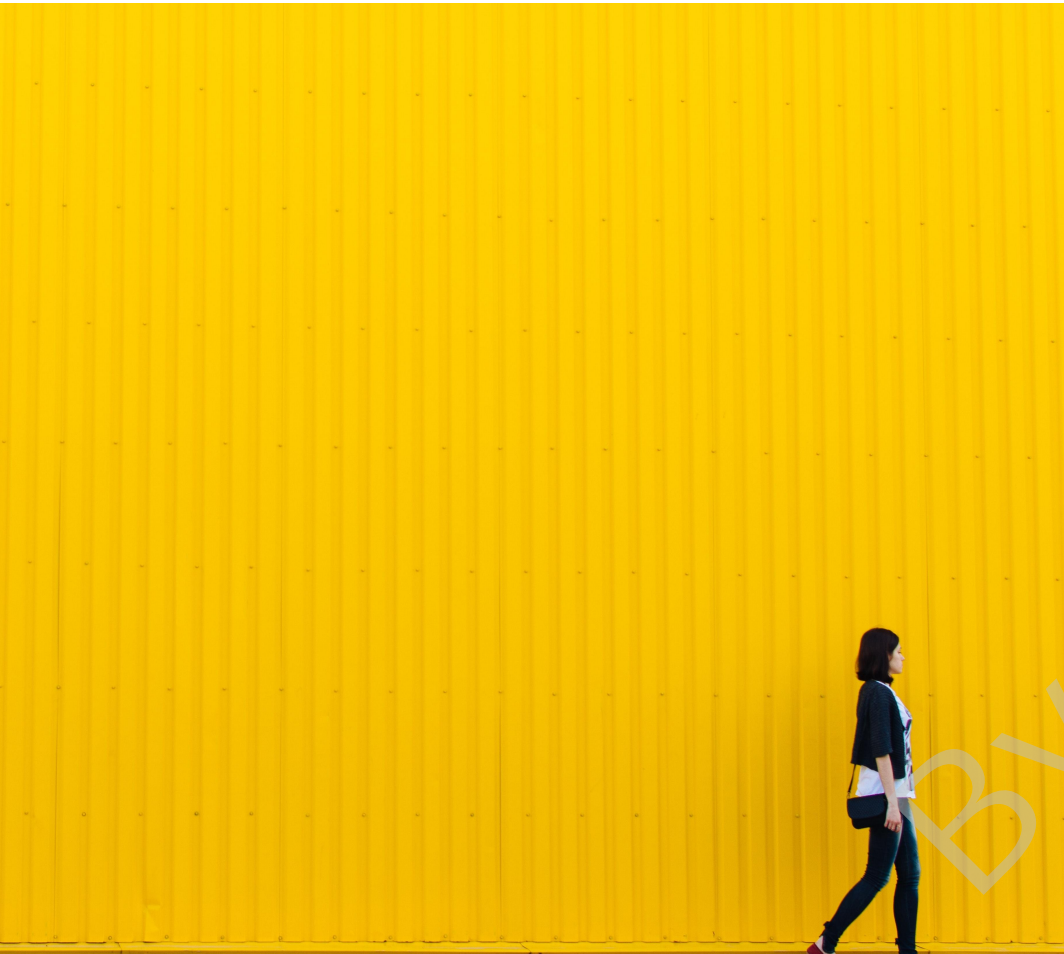
**Exercise**



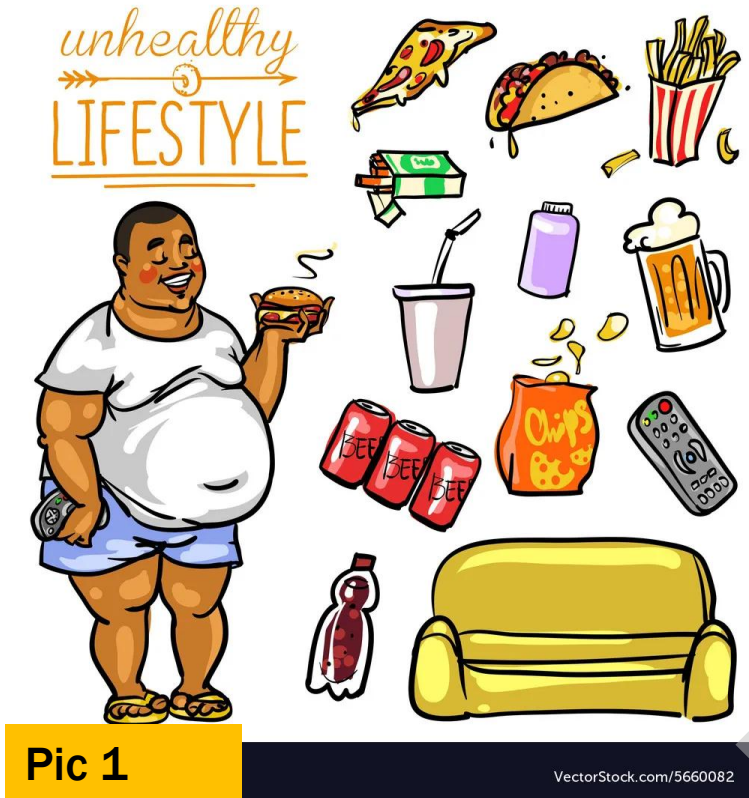


# Lesson Objectives

- Master key vocabulary about diet, nutrition, exercise
- Apply them in IELTS Speaking & Writing tasks
- Improve fluency and natural expression



# Vocabulary: keeping fit



What health issues might the person on the left face?

What good habits does the person on the right have?

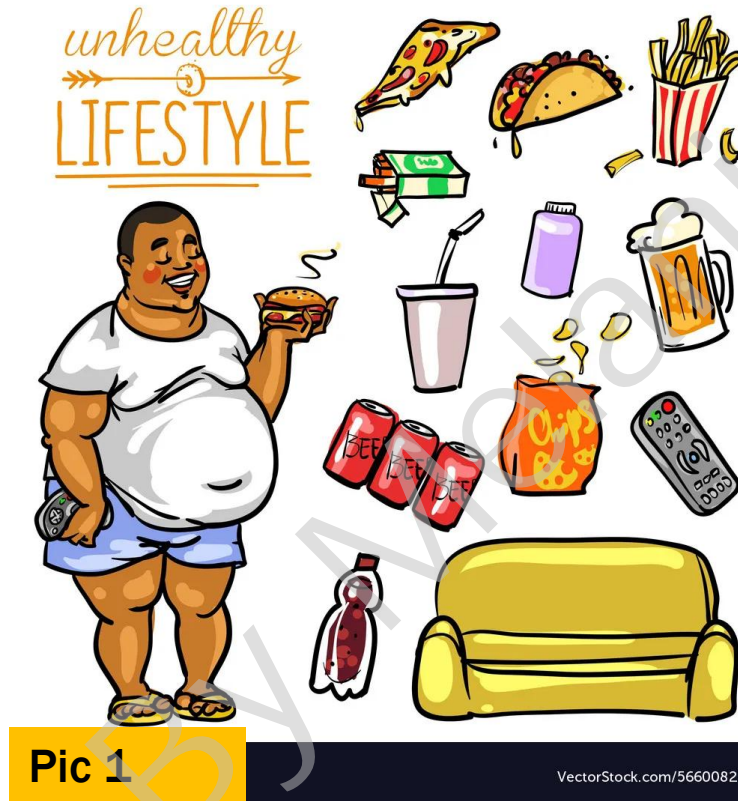
# Vocabulary: keeping fit

fat

tired

sick

probably have disease



overweight/obese

lethargic/ lack energy/

fatigued

prone to illnesses/ a

weakened immune system

probably have chronic

diseases

# Vocabulary: keeping fit

health food

do sports

have a good body

happy



nutritious food/a balanced diet

engage in regular physical activity/ work out

be in good shape/physically fit

mental well-being



# Vocabulary: Diet & Nutrition



junk food



processed foods

To stay healthy, we should reduce our intake of processed foods.

# Vocabulary: Diet & Nutrition



coke & cakes



sugary drinks / high-sugar  
snacks

Cutting down on sugary drinks is a quick win for your health.



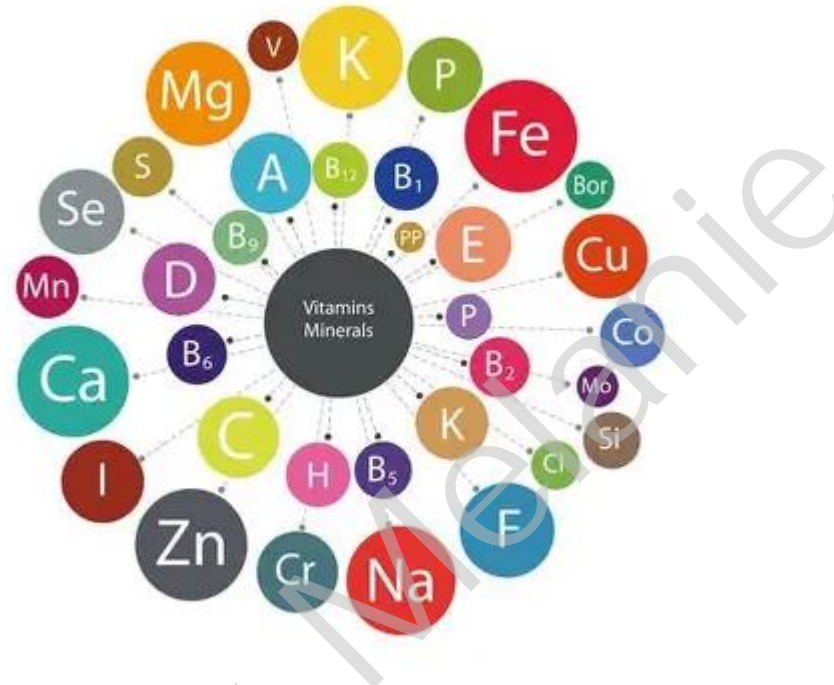
# Vocabulary: Diet & Nutrition



**moderate portions**

Even healthy food, we should eat in moderate portions.

# Vocabulary: Diet & Nutrition



benefits



essential nutrients /  
vitamins and minerals

Fresh fruits and vegetables are packed with essential nutrients.

# Vocabulary: Diet & Nutrition

## Diet & Nutrition

processed foods

sugary drinks / high-sugar snacks

moderate portions

essential nutrients /  
vitamins and minerals



# Vocabulary: Physical Activity



cycling & jogging



**aerobic exercise**

Doing aerobic exercise for 30 minutes a day is highly recommended.

# Vocabulary: Physical Activity



moderate-intensity



vigorous-intensity

Cycling is a moderate-intensity activity, while running is vigorous-intensity.

# Vocabulary: Physical Activity



live/lead a sedentary lifestyle



incorporate movement

A sedentary lifestyle is a major risk factor for many health problems.  
We should incorporate more movement into our daily routine, like taking the stairs.



# Vocabulary: Physical Activity

## Physical Activity

aerobic exercise

moderate-intensity

vigorous-intensity

live/lead a sedentary  
lifestyle

incorporate movement

# Vocabulary:

## Diet & Nutrition

processed foods

sugary drinks / high-sugar snacks

moderate portions

essential nutrients / vitamins and minerals

## Physical Activity

aerobic exercise

moderate-intensity

vigorous-intensity

live/lead a sedentary lifestyle

incorporate movement

## Health & Well-being

preventive measures

boost one's immune system

improve overall well-being

prevent chronic diseases

# Practice:

1. Many children love eating (unhealthy snacks and drinking coke), which contributes to health problems.
2. A (life with lots of sitting) and lack of (sports) are major risk factors for (being too fat).
3. Eating a (mix of good food) is a key (way to prevent) many (long-term sicknesses).



# Practice:

1. Many children love eating (unhealthy snacks and drinking coke), which contributes to health problems.

sugary drinks & processed foods

2. A (life with lots of sitting) and lack of (sports) are major risk factors for (being too fat).

sedentary lifestyle, physical activity / aerobic exercise, obesity

3. Eating a (mix of good food) is a key (way to prevent) many (long-term sicknesses).

balanced diet, preventive measure, chronic diseases

# IELTS Speaking Part 1 practice:

What do you do to keep fit?

incorporate movement; jogging; moderate-intensity; a balanced diet; essential nutrients; processed foods; sugary drinks; physical fitness; mental well-being

To keep fit, I focus on a balanced diet to make sure I get all the essential nutrients my body needs. For exercise, I go jogging a few times a week, which is a great moderate-intensity workout. This routine helps me feel energetic and strong.

# IELTS Speaking Part 3 practice:

Do you think the government should play a role in promoting public health?

conduct public health campaigns

饮食: educate about obesity, impose a tax on sugary drinks

运动: encourage physical activity: build parks, prevent chronic diseases, ...

Yes, I strongly believe the government should play a key role in promoting public health. One of the most important things it can do is to conduct public health campaigns to educate about obesity and other health risks. For instance, the government can impose a tax on sugary drinks to discourage their consumption and fund health programs. In addition, it's also crucial to encourage physical activity by helping communities build parks and sports facilities. These actions are effective preventive measures to prevent chronic diseases like heart disease and diabetes.



# IELTS Writing Task 2 practice:

The number of people who are overweight is increasing. What are the causes and solutions?

主题句：One primary cause of the rising obesity rates is... (列出2个causes)

解释：根据列出的两个cause来解释原因

结果：This combination leads to...

主题句：..the prevalence of sedentary lifestyles and imbalanced diet.

解释：Modern jobs often involve long hours of sitting, meaning people lack regular physical activity. At the same time, diets high in processed foods and sugary drinks are so common due to their convenience and affordability.

结果：...a significant calorie intake. Over time, this not only causes weight gain but also increases the risk of developing chronic diseases such as heart disease and diabetes.

## IELTS Writing Task 2 practice:

The number of people who are overweight is increasing. What are the causes and solutions? 写出主体段的主题句和第一个支持句

implement preventive measures, public health campaigns, promote a balanced diet, impose taxes on sugary drinks, incorporate physical activity

主题句：

Implementing strong preventive measures is crucial for reversing the trend of overweight populations.

第一个支持句：

Governments should launch nationwide public health campaigns to promote a balanced diet and educate citizens about the dangers of excessive sugar consumption, potentially by imposing a tax on sugary drinks.

THANKS

By Melasie

