

Speaking Sample Questions

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Health

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Part One:

- What do you do to stay healthy?
- Is it easy to keep fit where you live?
- What do you think is more important, eating healthily or doing exercise?
- Do you have a good public health system in your country?
- Is there anything you'd like to improve about it?
- Do you eat junk food?
- Do you have any healthy habits?
- Do you have any unhealthy habits?
- Do you enjoy exercising?
- What are the most popular ways of keeping healthy in your country?
- What do most people do to keep fit in your country?
- In what ways do you try to stay healthy?
- Is it easy to keep fit where you live?
- What do you think is more important, eating healthily or doing exercise?
- Have you ever had any habits which you consider to be unhealthy?
- Do you think more about your health now than when you were younger?



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**Presented by
Iman Mafi**

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Part Two:

Speak about something you would like to do to improve your health.
You should mention:

- Why it is healthy
- Why you want to do it
- How popular that thing is

And then say if you think you will do that soon or not, and why

Describe something you do to keep healthy. You should say:

- what this activity is
- when you do it
- how often you do it

Why you think it's a good way to look after your health.



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Talk about an article or a book that you have to read about healthy living.

- You should say
- Where you read it
- Why you read it

How it helped/affected you

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Part Two:

- How is healthcare promoted in your country?
- What is the role of the government in promoting healthcare?
- What more do you think could be done to promote healthy living in your country?
- How can individuals take more responsibility for their own health?
- Is sport popular with all age groups in your community?
- How can children be encouraged to adopt healthy eating habits?
- Do you think people have become more health conscious in recent years?
- Could governments do more to promote healthier lifestyle options?
- How important is it for people to do some regular exercise?
- Why do some people think that modern lifestyles are not healthy?
- Why do some people choose to live unhealthy lives?
- Should individuals or governments be responsible for making people's lifestyles healthy?
- What could be done to encourage people to live in a healthy way?



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