



SPEAKING CHALLENGE

TOPIC: HEALTH

Let's practice with these questions, use the Topic-specific vocab list in section IV to enhance your answer. Good luck 💕

I. SPEAKING PART 1 – HEALTH (15 QUESTIONS)

1. Do you consider yourself a healthy person?
2. What do you usually do to stay healthy?
3. Do you exercise regularly?
4. What kind of exercise do you enjoy most?
5. Do you pay attention to what you eat?
6. Is there any food you avoid for health reasons?
7. How often do you go for medical check-ups?
8. Do you usually get enough sleep?
9. What's the healthiest habit you have?
10. Do you drink enough water every day?
11. Do you enjoy outdoor activities?
12. Do you often eat fast food?
13. Do you usually feel healthy in your daily life?
14. Have you changed any health habits recently?
15. Do you try to live a healthy lifestyle?

II. SPEAKING PART 2 – HEALTH (5 CUE CARDS)

1. Describe a time when you improved your health.
2. Describe a person you know who lives a healthy lifestyle.
3. Describe a sport or exercise you enjoy.
4. Describe a healthy habit you have developed recently.
5. Describe a time when you gave someone advice about health.

III. SPEAKING PART 3 – HEALTH (10 QUESTIONS)

1. How can people maintain good health in modern life?
2. Is it the government's responsibility to promote healthy lifestyles?
3. Why do some people ignore their health?

4. How has modern life affected people's health?
5. Should schools teach children about healthy living?
6. Are people more health-conscious today than before?
7. What role does exercise play in mental health?
8. Does technology help or harm people's health?
9. Are young people healthier than older generations?
10. How important are public health campaigns?

IV. TOPIC-SPECIFIC VOCAB – HEALTH (BAND 8–9)

Vocab	Pronunciation	POS	Nghĩa	Example for speaking	Syn	Ant
balanced diet	/'bælənst 'daɪət/	n	chế độ ăn cân bằng	I try to maintain a balanced diet.	healthy diet	unhealthy diet
physical well-being	/'fɪzɪkl 'wel'bi:ɪŋ/	n	sức khỏe thể chất	Exercise improves physical well-being.	physical health	illness
mental well-being	/'mentl 'wel'bi:ɪŋ/	n	sức khỏe tinh thần	Mental well-being is equally important.	mental health	stress
sedentary lifestyle	/'sedntəri 'laɪfstɑɪl/	n	lối sống ít vận động	Office workers often lead a sedentary lifestyle.	inactive life	active lifestyle
fit as a fiddle	/fɪt əz ə 'fɪdl/	idiom	rất khỏe mạnh	My uncle is fit as a fiddle.	very healthy	unfit
tip-top shape	/,tɪp tɒp 'ʃeɪp/	idiom	trạng thái sức khỏe tốt nhất	I try to stay in tip-top shape.	excellent condition	poor condition
work out	/wɜ:k aʊt/	v	tập luyện	I work out three times a week.	exercise	rest
junk food	/dʒʌŋk fu:d/	n	đồ ăn nhanh	I avoid junk food.	fast food	healthy food

Vocab	Pronunciation	POS	Nghĩa	Example for speaking	Syn	Ant
lean protein	/li:n 'prəʊti:n/	n	đạm ít béo	Fish is a great source of lean protein.	low-fat protein	fatty meat
medical check-up	/'medɪkl 'tʃekʌp/	n	khám sức khỏe	I go for a medical check-up yearly.	health screening	—
nip in the bud	/nɪp ɪn ðə bʌd/	idiom	xử lý từ sớm	Early check-ups nip problems in the bud.	prevent early	worsen
a good night's sleep	/ə gʊd naɪts sli:p/	collocation	giấc ngủ ngon	I need a good night's sleep.	proper sleep	insomnia
stay hydrated	/steɪ 'haɪdreɪtɪd/	v	giữ đủ nước	I always stay hydrated.	drink enough water	dehydrate
kick-start the day	/kɪk stɑ:t/	idiom	khởi động ngày mới	Exercise kick-starts my day.	begin actively	—
lifestyle disease	/'laɪfstɑ:l dɪˌzi:z/	n	bệnh do lối sống	Obesity is a lifestyle disease.	chronic illness	—
health-conscious	/helθ 'kɒŋʃəs/	adj	có ý thức về sức khỏe	Young people are more health-conscious.	health-aware	careless
stress reliever	/stres rɪ'li:və/	n	cách giảm stress	Yoga is a great stress reliever.	relaxation method	stressor
prevention is better than cure	/prɪ'venʃn/	idiom	phòng bệnh hơn chữa bệnh	I believe prevention is better than cure.	—	—
health is wealth	/helθ ɪz welθ/	idiom	sức khỏe là tài sản	Health is wealth, after all.	—	—
overall health	/əʊvər'ɔ:l helθ/	n	sức khỏe tổng thể	Sleep affects overall health.	general health	—



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