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Topic 2: Health and fitness

IELTS vocabulary Band +7 "Topic: <i>Health & fitness</i> "	
Allergic = react badly to	Harmful = unsafe
Appetite = desire for food	Lifestyle = the way you live
Ingredients = contents of food	Recovery = getting better(from illness)
Hunger = need for food	Treatment = medical care
Nutritious = full of VIT	Suffer = feel pain

IELTS vocabulary Band +8 "Topic: <i>Health & fitness</i> "	
Sedentary = sitting a lot or inactive	Psychological = mental
Beneficial = helpful / positive	Intake = amount you take in
Detrimental = harmful / negative	Eradicate = get rid of / eliminate / wipe out
Well-being = health and happiness	Severity = how serious something is
Preventive	Additives = chemicals added to food

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MODEL ESSAY FOR IELTS WRITING TASK 2
OPINION ESSAY – TOPIC: SPORTS FACILITIES

Some countries invest in specialized sports facilities for top athletes but not for the average person. Is this a positive or a negative development?

SAMPLE ANSWER

A number of nations allocate (to give an amount of time, money, etc. to someone or something) funds for professional athletic facilities, which are available only for first-class sportspeople, but not for ordinary citizens. In my opinion, it is rather an unfavourable (having a negative opinion) development than a positive one. In the upcoming paragraphs, I will be explaining my point of view in detail.

First, the government should take care of the health and physical development of all citizens and not only sports elites (the richest, most powerful, or best-trained group in a society). This is because every working citizen pays taxes and should have equal rights for social amenities (something that makes it enjoyable or comfortable to live or work somewhere), including specialized sports centres. Thus, funding of special purpose sports facilities might be considered social inequality, especially if they were not available for a regular person. For example, when I had decided to start jogging, I was completely frustrated by the fact that a running ring with an excellent soft covering was not allowed for training if a person was not a member of the national team.

Some people argue that top athletes should have top priority because they represent a country. Despite the fact that international competitions are of great importance (=important), investing in professionals' needs only does not pay off (brings you some benefit) in the long term because the construction and maintenance of sports halls are highly expensive. Meanwhile, modern society has other crucial issues, which are in need of funds, such as the health care system, city infrastructure(systems within a place which affects how well it operates), and environmental issues.

In conclusion, I think that the latest tendency among certain governments to invest in sports facilities for superior sportspersons leaving average people behind is a negative trend because every citizen should have equal rights. Moreover, in terms of revenue from international events, funding these elite sport objects is not profitable.

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IELTS Academic Module How To Maximize Your Score

Target Band



By Simone Braverman

Ielts speaking topics with answers pdf ebook free download.

If you spend 2 of those minutes answering a simple question on, for example, where you live, there won't be time for all the questions and you'll miss out on some of the marks. Would you prefer to share this page with others by linking to it? Click on the HTML link code below. Copy and paste it, adding a note of your own, into your blog, a Web page, forums, a blog comment, your Facebook account, or anywhere that someone would find this page valuable. I'm 27 now so I've been an English student for 21 years. Hassan: I've wanted to learn English since I was very young. You might be asked about your home town. Which of these answers to this question is the best? Developing your answers in different ways will ensure that you impress them with your language skills. Here are 7 different ways you can extend your answers: 1) Explanation 2) Combined Details 3) Examples 4) Frequency 5) Contrast 6) Past Comparisons 7) Future In the following examples, we're going to work with one question and look at 7 different ways of developing an extended answer to it. I'm not going to worry too much about paraphrasing the question in these answers as I want to focus on other aspects of sentence structure. The phrase 'used to' is useful here. Extended answer: I used to socialise with my friends every day but I don't see them so often now that I have a baby and can't go out in the evenings so much. Here are two answers to another question. Which do you think is the best? Here's how... The questions will be easy for you to answer, so try to relax and calm your nerves. He answers the question and shows good language skills and paraphrases the question well. Hassan also has a good command of the English language but he doesn't actually answer the question. Please pay it forward. Question: Have you visited any foreign countries? Answer 1: Yes, I've visited two foreign countries, the UK and Egypt. The examiner isn't trying to discover how intelligent you are or whether you can devise clever answers, they just want to hear you speak. Going out with friends or having them round means that I don't feel so lonely. Having these resources to hand makes this easy so be sure to make full use of them. Put in the work now and getting a high score for IELTS Speaking Part 1 is very achievable. Discover the main reason for low scores & how to avoid this big mistake. IELTS Speaking Tips: 9 top tips to increase your chances of getting a high score! IELTS Speaking Topics: Discover 40+ common subject areas for the IELTS Speaking Test. Part 2 IELTS Speaking Part 2: Test format, understanding cue cards & 5 test mistakes to avoid. Part 2 Planning Strategy - Method 1: 'question prompt' + planning notes & sample answers. Part 2 Planning Strategy - Method 2: 'brainstorming' + planning notes & sample answers. Part 2 Planning Strategy - Method 3: 'the 5 senses' planning notes & sample answers. Part 2 Introduction: How to begin your IELTS Speaking Part 2 talk & top tips for gaining extra marks. IELTS Speaking Part 3: 6 common types of questions & how to answer them. IELTS Speaking Practice: Massively improve your speaking skills by learning how to think in English. 7 Ways To Develop An Extended Answer In IELTS Speaking Part 1, the examiner will be looking for a good range of vocabulary and grammatical structures. Connective words like 'because' are ideal for this. Extended answer: I socialise with friends most evenings after work and at weekends because I live on my own which often gets me down. You don't need to do this for every question but do so when it's easy to replace key words with synonyms. Have a look at this IELTS Speaking Part 1 question and the two sample answers. Both Kasia and Roza have answered the question but Roza's answer is clearly the better one as it's longer and shows off her ability to communicate well in English. Don't freeze if you get 'unusual' questions. If you do this, you won't go far wrong. Socialising with friends at a party. At home, I like to relax to classical music. I go to lots of live gigs as I've got a friend who's in a band. Have confidence in your skills and let your answers flow naturally. Your fluency will also suffer if you overthink your answers. At the weekends, a group of us often go to the park to play football or chill out. 3) Examples A great way to develop your answers in IELTS Speaking Part 1 is to add an example. Extended answer: I usually see my closest friends several times a week. I'd also love to travel to France. Luckily I had a good teacher at school who made the lessons really interesting. Also, compare the language used to express which country was their favourite. The final sentence, about where the speaker would like to visit next, is not strictly necessary, but is in context with the question so is fine. 2) Combined Details Another simple way to extend your answer is to join two pieces of information with the word 'and'. Extended answer: During the week, I generally meet up with friends two evenings after work and on Saturdays, I go shopping with my best friend. Common words include: Extended answer: I normally see friends most days of the week, especially my best friend who I generally catch up with after work. This is a test of your spoken language, not your memory. More IELTS Speaking Pages You'll find more help to answer IELTS Speaking Part 1 questions, and to get a high score for all parts of the Speaking test, on these pages: IELTS Speaking Test: Know the format & understand what you'll be assessed on. Question: How often do you socialise with friends? Simple answer: I socialise with friends several times a week. This will lose him marks. Key facts about IELTS Speaking Part 1 1) Time - 4-5 minutes. 2) You'll be asked questions about you and your life. Common topics: 3) You will only be assessed on your English language skills, not on the content of what you actually say. There are hundreds of possible questions the examiner could ask so you can't predict what you'll get, but they will come from just a handful of topics. Don't make this mistake. Firstly, it doesn't matter what you say as long as you say something. Secondly, it's fine to say that the subject is something you've never thought about. Use these 7 methods to create your own answers to the question "How often do you socialise with friends?" You'll find lots more IELTS Speaking Part 1 questions to practise with on the topic vocabulary pages listed in the menu to the right. And be sure to download my 30 Free IELTS Speaking Practise Cards - 330 questions on 30 different topics, including 120 Part 1 questions. Find out more and download them here: IELTS Speaking Practise Questions - FREE Download! It is only by practising your speaking skills that your English will improve and your confidence grow. I particularly enjoyed the UK because it's so different to my own country. They either stumble and stutter over their words or literally freeze if they can't think what to say. Enjoy this page? Here are some of the things we'll be covering: What happens in the pre-test introduction Common topics for IELTS Speaking Part 1 7 simple methods for developing your answers Sample questions & answers Before the test starts, you'll have a brief conversation with the examiner as they introduce themselves, confirm who you are and check your identity. Part 1 Mistakes to Avoid Ensure you don't make these common mistakes: Don't give very long answers. Use IELTS Speaking Part 1 as a warm-up for the rest of the test. Question: How long have you been learning English? Tarik: I began studying English at school when I was just six years old and I've been working on my language skills ever since. Which is the best answer, and why? For example, but although however even though despite while Extended answer: I try to meet up with friends several times a week but rarely on a Sunday because that's when I visit my family. However, every few months I cook a barbeque Sunday lunch and invite both my friends and family around. Paraphrasing The examiner will be particularly impressed if you are able to paraphrase their question rather than repeating the vocabulary they used. Like this week, I'm meeting my best friend for a drink this evening, then we're going to the cinema with some girls from work on Friday, and on Saturday we're all meeting up at a party. I enjoyed English so much that I decided to keep learning when I left. Question: Do you like music? Kasia: Yes, I do. Roza: Most definitely. Click on this video. Tower Bridge, London - a famous UK landmark. We probably meet up just a few times a month now. Say this then just give the best answer you can come up with. So, with our robot question, you might come up with an answer like: "They aren't something I've ever thought much about, but it would be great to have one that did the housework and cooked dinner occasionally." The main thing is not to panic if an unusual question comes up. Your speech won't be as fluent as when giving a spontaneous answer and you could actually lose marks. Developing your answers Giving the correct length answers is very important. What do you think of robots? Answer 2 is best. Again, both versions answer the question but answer 1 repeats the verb 'to visit', and the words 'foreign' and 'countries', all of which are in the question, several times. In answer 2, the question has been paraphrased with the synonym 'abroad', and 'to travel to' has been used instead of 'visit'. Take a moment to really focus on these differences. You can't possibly give a wrong answer. Kasia's answer gives the examiner very little to assess her on. Here's a great rule to follow to get the perfect length answer to Part 1 questions: Add an extra piece of information This extra information could be an added detail or background information. IELTS Speaking Part 1 answers should be 2-3 sentences long. Never memorise answers. Calm those nerves You are bound to be nervous during your test, especially at the start. Sundays I save for seeing my family. 7) Future Finally, there will be times when you want to make a comparison between what happens now and what you think will happen in the future or what you want or intend to do in the future. Extended answer: Currently, I hardly see my friends at all as I spend all my spare time studying for my IELTS exam. Perhaps they're longing for a coffee as they haven't had a break for two hours or they've just listened to 20 previous candidates with such poor pronunciation that they could barely understand them. 4) Frequency Words expressing frequency are invaluable for developing answers. 5) Contrast Connectives that express contrast are equally useful for extending answers. Answer their questions using appropriate language and they'll be happy. What does sometimes throw candidates in IELTS Speaking Part 1 is getting an 'unusual', random question such as "What do you think of robots?" These types of questions seem so strange that they can stop people in their tracks. It will be easy to think up answers as the questions are all about you, a subject you know everything about. On this page, we'll be looking at both IELTS Speaking Part 1 and the pre-test introduction. 1) Explanation The easiest way to add extra information to a simple answer is to include an explanation. It's a waste of time as you won't know what questions you're going to get. Remember, they are just doing a job. With the pre-test introduction complete, the actual test will start and you'll be marked on everything you say from now on. Tarik gives the best answer. They have around 12 questions to ask you in 4-5 minutes. Home > IELTS Speaking > IELTS Speaking Part 1 The questions they'll ask you in this pre-test introduction aren't marked but they are your first chance to make a good impression. Don't forget to smile and don't be put off if the examiner doesn't seem very friendly. When I pass the exam, I'll meet up with my mates most evenings like I used to do and spend weekends with them as well. 6) Past Comparisons Sometimes in IELTS Speaking Part 1, you'll want to compare the present situation to what happened in the past. It also enables the speaker to use the future tense. Slow, deep breaths can help. Another country I want to visit is France. Answer 2: Yes, I've been abroad a couple of times, first to the UK, then to Egypt. My favourite foreign country was the UK because it's so different to my own country. If you do use a memorised answer, it will be obvious to the examiner. The examiner wants to hear you talk, so giving single word or very short answers to questions isn't going to get you many marks. On the other hand, don't ramble on and on. Want to watch & listen to this section?

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