https://www.youtube.com/live/ZYIARvkx870?si=p7iSBQfGvQVoK3M

## ( Lesson notes:

https://keithspeakingacademy.com/download/ielts-speaking-health-topic-vocabulary-lesson/)

https://www.youtube.com/live/XdevoRoD8so?si=LC8wugVVrfRJp14p

https://youtu.be/ZaI7zkQ8nxA?si=32um\_sjGeLiahDGu

https://youtu.be/W6c3UU8Sn24?si=54ljshKadQeXLY9y

https://youtu.be/wva1rclob1g?si=uSDZeD3A9lCvHqec

https://youtu.be/RaB5Bydz8rE?si=8DwZ9\_qn2in1irnG

- 1. Fit as a fiddle: To be in very good health.
  - "Even at 70, my grandmother is fit as a fiddle."
- 2. Under the weather: To feel ill.
  - "I won't be coming to work today. I'm feeling a bit under the weather."
- 3. An apple a day keeps the doctor away: Eating healthy food will keep you healthy.
  - "My mom always told me that an apple a day keeps the doctor away."

- 4. In the pink of health: In very good health.
  - After her surgery, she is now in the pink of health."
- 5. Burning the candle at both ends: To overwork yourself to the point of exhaustion.
  - "You need to rest more; you've been burning the candle at both ends."

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### Advanced idioms

- 1. To be on the mend: To be recovering after an illness or injury.
  - "After weeks of bed rest, he's finally on the mend."
- 2. Kick the bucket: To die.
  - "He was so healthy; no one expected him to kick the bucket so suddenly."
- 3. A bitter pill to swallow: An unpleasant fact that has to be accepted.
- "Being diagnosed with a chronic illness was a bitter pill to swallow, but she's coping well."
- 4. Under the knife: To undergo surgery.
  - "He went under the knife for a heart bypass surgery."
- 5. Throw in the towel: To give up, especially when dealing with a difficult health situation.
  - "Despite the tough treatment, she never threw in the towel and kept fighting."

#### Collocations

- Chronic condition: A long-lasting condition that can be controlled but not cured.
- "Managing a chronic condition like diabetes requires careful monitoring and lifestyle changes."
- 2. Acute symptoms: Severe and sudden in onset.
  - "He was admitted to the hospital with acute symptoms of appendicitis."
- 3. Palliative care: Specialized medical care focused on providing relief from the symptoms and stress of a serious illness.
  - "Palliative care is essential for improving the quality of life for terminally ill patients."

- 4. Preventive measures: Actions taken to reduce the risk of disease or injury.
- "Preventive measures like vaccinations and regular check-ups are crucial for maintaining public health."
- 5. Holistic approach: An approach to medicine that considers the whole person, including their physical, mental, and emotional health.
- "Many practitioners advocate for a holistic approach to health that addresses both body and mind."

# Extra learning:

Diets

Losing weight

Getting fit

Keeping active

Homemade cooking

Go the whole hog=dip it thoroughly

Superfoods

A Marketing ploy=A marketing trick

**Antioxidants** 

Vitamin

**Nutrients** 

Go for a stroll at a leisurely pace =

با سرعتی آرام به قدم زدن بروید

walk at a brisk pace

با سرعت زیاد قدم زدن

Get some fresh air

Leading a healthy lifestyle

Go for a jog

Go for a run

Go for a jog

Go for a swim

Do karate

Do yoga (flexibility)

Do pilates

Posture

She's got very good/bad posture.

Have a close shave/call(an accident nearly happens)

To take action on

We are drawing in health articles. They are all over the place, Left, Right and center.

There is a big build-up تجمع بزرگی وجود دارد

We get excited But we don't take an action

Hype (Excitement and marketing)

a situation in which something is advertised and discussed in newspapers, on television, etc. a lot in order to attract everyone's interest:

The honeymoon effect has worn off.

The excitement has died down.

Physical activity is not so widespread.

Less hype about nutrition.

strenuous(needing great effort)

Lead a sedentary lifestyle=involving little exercise or physical activity:

Heightened awareness of nutrition

On the brink of ...=on the edge ....

On the brink of pandemic

Gyms have cropped up(appeared)

Maintain a healthy lifestyle.

The dual system of public and private health care. Choose to go private, Gives a wider choice Health insurance - If you pay tax, You are covered. This was the case in ..... In some emerging economies, 60-70% of the workforce are working outside of the formal economy, so they are not contributing tax payments. There are clearly downsides to having a health insurance system. To cut you off to interrupt Healthcare service is understaffed. خدمات بهداشتی و درمانی کم است. A&E=Accident and Emergency unit You can book an appointment online.

Saving on staffing time.

صرفه جویی در زمان پرسنل

Educating the public on preventive care.

What if we prevent people getting sick?

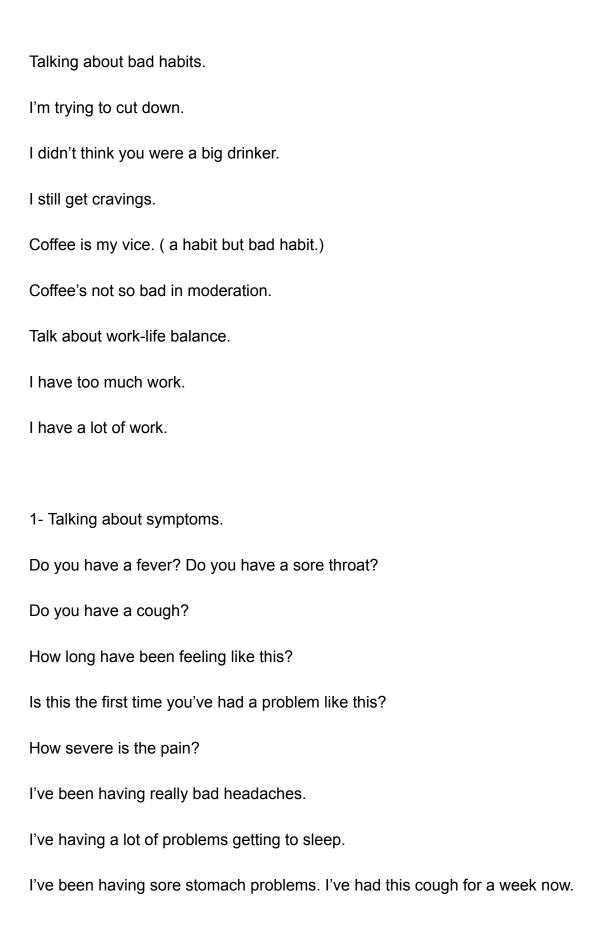
Take a holistic approach

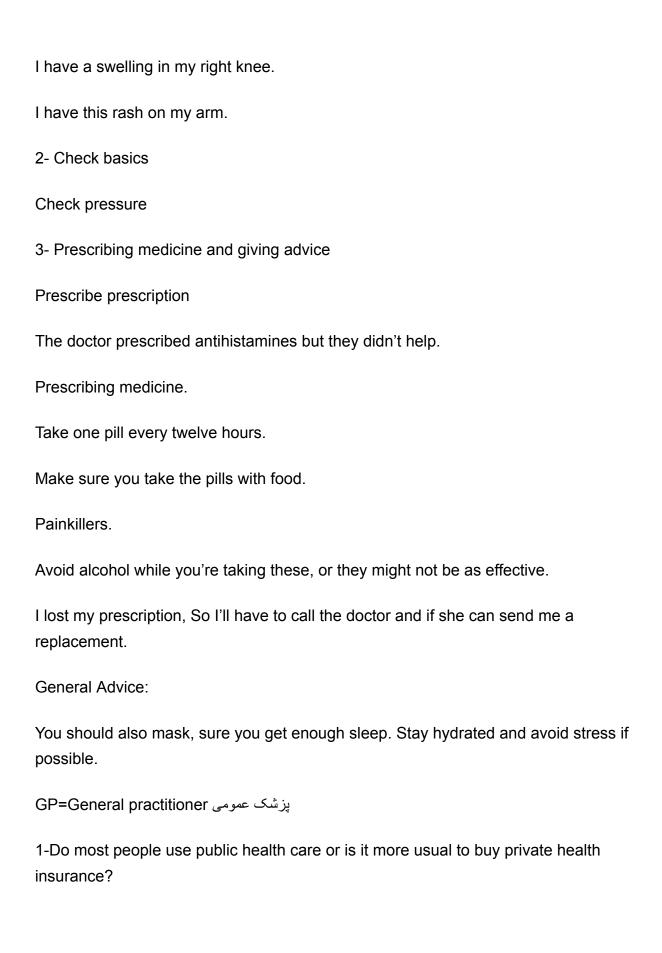
People self-monitor, Do a check-up and Catch a disease before it gets too serious.

Equipment and facilities are not up to par.

# par=the usual standard or condition

Investment has been cut and has had a detrimental impact.
Digitalised health care
See the doctor one-on-one
The doctor can treat the patient via video conferencing.
Coronavirus
Outbreak=a time when something <u>suddenly</u> begins, especially a disease or something else dangerous or unpleasant:
Lockdown
Flabby
Do physical training (Verb)=Work
Describe a Lifestyle without much physical activity=Sendentary
Describe a person who is unfit=Out of shape
I'm not trying to lose weight.
I'm just trying to stay off junk food.
I'm trying to get my five a day.
I can never stick to a diet.
I have such a sweet tooth.





2-is public healthcare high quality and reliable? Why or why not?
3- Are all residents entitled to free public health or are there restrictions?
Going hospital
They sent him to A&E right away.
BR=Accident and Emergency
AMerican=Emergency room
How long are they keeping him in?
No, they have set visiting hours.
I've never had to stay overnight in a hospital.
Hopefully, he'll be discharged soon.
Talking about recovery
1)I'm feeling quite fragile.
2)I should get some strength back in time a couple of weeks.
3)It's a big wound. So that's taken to heal just by itself.
One day at a time.
Everything's so busy right now. I can't make plans for next year. I'm just talking things one day at a time.