

IELTS Focused English Lesson - Session 5: Health and Medicine

Lesson Guide

This tutoring session is designed to help develop IELTS-level English communication skills with a focus on health and medicine topics.

Remember to:

- Speak clearly at a moderate pace
- Face the camera directly when speaking
- Use visual cues and gestures alongside verbal instructions
- Provide immediate, supportive feedback
- Use the icons for visual reinforcement
- Focus on IELTS Speaking Part 1, 2, and 3 question types

How to Use This Guide

1. Review the entire worksheet before the session
 2. Follow the section order
 3. Use the icons for visual cues:
 - 🎧 = Listening activity
 - 💋 = Speaking activity
 - 👁️ = Visual observation
 - ✓ = Practice task
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Section 1: Health & Medicine Conversation Practice

💋 IELTS Speaking Part 1 - Health Questions

Instructions: Practice these IELTS-style questions. The tutor demonstrates model answers first, then the student responds with 2-3 sentences per question.

Questions:

1. "How do you usually stay healthy?"
2. "Do you think people today are healthier than in the past?"
3. "What do you think is the biggest health challenge facing society?"


Model Patterns:

- "I would say that..." / "In my opinion..." / "From my perspective..."
- "The main benefit is..." / "What I find particularly important is..."
- "Looking at health trends, I believe..." / "It's crucial that..."

Sample Responses:

- "I would say that regular exercise and a balanced diet are essential for maintaining good health. I try to walk daily and eat plenty of fruits and vegetables to support my immune system."
- "From my perspective, people today have access to better medical care but face new challenges like sedentary lifestyles. Modern technology has improved treatment options, but it has also contributed to less physical activity."

✓ **Student Practice:** _____

 **Tutor's Notes:** _____

IELTS Speaking Part 2 - Health Topic Preparation

Instructions: Practice describing a health-related experience or medical advancement.

Cue Card Topic: "Describe a time when you had to visit a doctor or hospital"

- When and why you went
- What treatment you received
- How you felt about the experience
- What you learned from this experience

Useful Vocabulary:

- symptoms, diagnosis, treatment, medication, recovery
- medical professionals, healthcare system, preventive care
- chronic conditions, acute illness, side effects

✓ **Student Practice:** _____

 **Tutor's Notes:** _____

Section 2: Minimal Pairs & Medical Pronunciation

Critical Health/Medicine Phonemes

Instructions: These minimal pairs are essential for clear communication in health and medical contexts. Practice each pair with emphasis on the different sounds.

Today's Focus Pairs:

1. /eɪ/ vs. /e/ (Medical terms)

- **pain** /peɪn/ vs. **pen** /pen/
- **weight** /weɪt/ vs. **wet** /wet/
- **patient** /'peɪʃənt/ vs. **patent** /'pætənt/


 **Visual Cue:** For /eɪ/, tongue moves from mid to high position. For /e/, tongue stays in mid position.

✓ Practice Sentences:

- "The **pain** was recorded with a **pen** in the medical chart."
- "Monitor your **weight** and avoid getting **wet** during recovery."
- "The **patient** discussed the **patent** medicine options."

2. /ɪ/ vs. /i:/ (Health vocabulary)

- **sick** /sɪk/ vs. **seek** /si:k/
- **pill** /pɪl/ vs. **peel** /pi:l/
- **clinic** /'klɪnɪk/ vs. **clean** /kli:n/


 **Visual Cue:** For /ɪ/, mouth slightly open, tongue relaxed. For /i:/, mouth less open, tongue tense and higher.

✓ Practice Sentences:

- "When you feel **sick**, you should **seek** medical attention."
- "Take the **pill** and **peel** the protective coating off."
- "The **clinic** maintains a **clean** environment for patients."

3. /ʌ/ vs. /ɜ:/ (Treatment vocabulary)

- **drug** /drʌg/ vs. **dirge** /dɜ:rdʒ/
- **cut** /kʌt/ vs. **curt** /kɜ:rt/
- **blood** /blʌd/ vs. **blurred** /blɜ:rd/

 **Visual Cue:** For /ʌ/, mouth moderately open, tongue mid-center. For /ɜ:/, tongue stays in mid-central position.

✓ Practice Sentences:

- "The new **drug** prevents the need for a **dirge** at funerals."
- "The surgeon made a precise **cut** with a **curt** explanation."
- "**Blood** tests showed **blurred** results initially."

4. /θ/ vs. /s/ (Health terms)


- **therapy** /'θerəpi/ vs. **serum** /'sɪrəm/
- **health** /helθ/ vs. **helps** /helps/
- **breath** /breθ/ vs. **breast** /brest/

 **Visual Cue:** For /θ/, place tongue tip between teeth. For /s/, tongue tip near but not touching teeth.

✓ Practice Sentences:

- "Physical **therapy** works better than **serum** injections sometimes."
- "Good **health helps** prevent many diseases."
- "Check your **breath** and examine your **breast** for irregularities."

✓ **Student accuracy:** ☐ Excellent ☐ Good ☐ Needs practice

 **Tutor's Notes:** _____

Section 3: Word Stress in Medical Vocabulary


Academic Word Stress Patterns

Instructions: IELTS requires precise pronunciation of academic vocabulary. Practice these stress patterns common in health and medicine.

Pattern Practice:

1. **medicine** = MED-i-cine (3 syllables, stress on 1st)
2. **hospital** = HOS-pi-tal (3 syllables, stress on 1st)
3. **diagnosis** = di-ag-NO-sis (4 syllables, stress on 3rd)
4. **recovery** = re-COV-er-y (4 syllables, stress on 2nd)
5. **medication** = med-i-CA-tion (4 syllables, stress on 3rd)
6. **emergency** = e-MER-gen-cy (4 syllables, stress on 2nd)
7. **prescription** = pre-SCRIP-tion (3 syllables, stress on 2nd)

8. **treatment** = TREAT-ment (2 syllables, stress on 1st)

 **Visual Cue:** Stressed syllables are pronounced louder, longer, and with higher pitch.

✓ **Practice in Context:**

- "Taking **MED-i-cine** at the **HOS-pi-tal** requires proper **di-ag-NO-sis**."
- "Patient **re-COV-er-y** depends on correct **med-i-CA-tion** during **e-MER-gen-cy** care."
- "The **pre-SCRIP-tion** outlines the **TREAT-ment** plan clearly."











 **Tutor's Notes:** _____

Section 4: Intonation for IELTS Speaking






Academic Discourse Patterns

Instructions: IELTS examiners assess intonation patterns. Practice these academic speaking patterns.

Pattern Practice:

1. **Giving opinions:** "I believe that preventive healthcare..." (  fall-rise pattern)
2. **Presenting facts:** "Medical research shows that..." ( falling pattern)
3. **Expressing uncertainty:** "It's possible that new treatments..." ( rising pattern)
4. **Contrasting ideas:** "While some prefer traditional medicine,  others trust modern medical approaches." 
5. **Listing points:** "Healthy living includes:  exercise,  nutrition,  and adequate sleep." 

✓ **IELTS Practice Responses:**

- "I believe that   mental health awareness is becoming increasingly important." 
- "Medical research shows that  regular exercise reduces disease risk significantly."
- "It's possible that  gene therapy will revolutionize cancer treatment."

✓ **Student accuracy:** ☐ Excellent ☐ Good ☐ Needs practice

 **Tutor's Notes:** _____

Section 5: Emotional Expression in Academic Context

Professional Tone Variation

Instructions: IELTS requires appropriate emotional register for academic topics. Practice expressing different attitudes professionally.

Sentence: "This medical breakthrough is incredible!"

Express with:

 **Professional Enthusiasm:**

- Voice: Controlled excitement, clear articulation
- Tone: Positive but measured
- Face: Genuine interest, focused expression

Sentence: "The treatment side effects need careful monitoring."

Express with:

 **Academic Critique:**

- Voice: Thoughtful, slightly slower pace
- Tone: Objective, analytical
- Face: Serious consideration, slight concern

Sentence: "Public health emergencies require immediate response."

Express with:

 **Urgent Concern:**

- Voice: Firm, emphasizing key words
- Tone: Serious, persuasive
- Face: Determined expression, direct eye contact

Sentence: "Could you explain the diagnosis in simpler terms?"

Express with:

 **Academic Inquiry:**

- Voice: Polite, slightly rising intonation
- Tone: Respectful curiosity
- Face: Open expression, attentive posture


Sentence: "Medical innovation amazes me!"

Express with:

 **Intellectual Interest:**

- Voice: Animated but controlled
- Tone: Genuine fascination
- Face: Bright expression, engaged demeanor

✓ **Student accuracy:** ☐ Excellent ☐ Good ☐ Needs practice

 **Tutor's Notes:** _____

Section 6: IELTS Reading Practice with Health Focus

Academic Reading Passage

Instructions:

1. Student reads the passage silently first
2. Tutor models reading with proper academic intonation
3. Student reads aloud with focus on pronunciation and stress
4. Complete comprehension questions together

Reading Passage:

Advances in Personalized Medicine

Personalized medicine represents a revolutionary approach to healthcare that tailors medical treatment to individual patient characteristics. Unlike traditional medicine, which applies standard treatments to broad patient populations, personalized medicine considers genetic factors, lifestyle choices, and environmental influences to optimize therapeutic outcomes. This approach has shown remarkable success in treating various conditions, particularly cancer and cardiovascular diseases.

Furthermore, advances in genetic testing and biomarker identification have made personalized treatment more accessible and cost-effective. Pharmaceutical companies now develop targeted therapies that work specifically for patients with certain genetic profiles, reducing adverse reactions and improving treatment efficacy. Digital health technologies, including wearable devices and mobile health applications, provide continuous monitoring and real-time data collection.

Moreover, artificial intelligence and machine learning algorithms analyze vast amounts of patient data to predict treatment responses and identify potential health risks before symptoms appear. As healthcare systems worldwide adopt these innovative approaches, the future of medicine moves toward prevention

rather than reactive treatment, promising better health outcomes and reduced healthcare costs for patients and providers alike.


Reading Tips for IELTS:

- Stress content words (nouns, verbs, adjectives, adverbs)
- Use falling intonation for statements
- Pause appropriately at punctuation
- Maintain consistent pace
- Emphasize transition words (furthermore, moreover, etc.)

Comprehension Questions:

1. How does personalized medicine differ from traditional approaches?
2. What role do genetic testing and biomarkers play in treatment?
3. How are AI and machine learning changing healthcare prediction?

✓ **Student Reading Assessment:** _____

 **Tutor's Notes:** _____

Wrap-Up Notes

Areas That Need More Practice:

IELTS Skills Focus for Next Session:

Overall Session Rating:

Very Easy _____ Very Difficult

1 2 3 4 5
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