

IELTS Topic Vocabulary: Health

Useful health chunks for Speaking and Writing Task 2. Learn collocations, not isolated words.

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Tip: highlight 8-12 items this week, practise them in a timed mock, then unlock Pro for fuller banks and AI feedback.

Healthy lifestyle

Daily habits, exercise and balance.

Word / chunk	Note or example
a balanced diet	maintain a balanced diet rich in vegetables
regular exercise	take regular exercise at least three times a week
sedentary lifestyle	a sedentary lifestyle increases health risks
stay in shape	stay in shape by cycling to work
work-life balance	struggle to keep a healthy work-life balance
get enough sleep	teenagers need to get enough sleep to concentrate
healthy habits	build healthy habits from childhood
peer pressure	peer pressure can lead to unhealthy choices

Diet and nutrition

Food choices, junk food and eating habits.

Word / chunk	Note or example
processed food	limit processed food high in sugar and salt
junk food	junk food is cheap, convenient and addictive
obesity rates	obesity rates are rising among children
nutritious meals	prepare nutritious meals at home
food additives	avoid food additives where possible
calorie intake	monitor your daily calorie intake
fast-food chains	fast-food chains target young customers
eating disorder	an eating disorder is a serious mental health issue

Illness and medical care

Treatment, hospitals and medicine.

Word / chunk	Note or example
chronic illness	cope with a chronic illness such as diabetes
infectious disease	prevent the spread of infectious disease
life expectancy	life expectancy has risen in recent decades
preventive care	invest in preventive care rather than cures
side effects	some drugs have serious side effects
routine check-up	book a routine check-up once a year
waiting lists	long waiting lists delay urgent surgery

alternative medicine

some patients turn to alternative medicine

Public health and policy

Government action and healthcare systems.

Word / chunk	Note or example
public health campaign	launch a public health campaign against smoking
universal healthcare	universal healthcare protects low-income families
health insurance	afford private health insurance
sugar tax	introduce a sugar tax on soft drinks
vaccination programme	roll out a nationwide vaccination programme
healthcare system	the healthcare system is under growing pressure
ageing population	an ageing population increases demand for care
health awareness	raise health awareness through schools

Mental health and stress

Wellbeing, anxiety and coping.

Word / chunk	Note or example
mental wellbeing	protect your mental wellbeing during exams
chronic stress	chronic stress affects both body and mind
burnout	workers face burnout after long hours
cope with pressure	learn to cope with pressure at work
social isolation	social isolation harms elderly people
seek professional help	do not hesitate to seek professional help
relieve stress	walking in a park can relieve stress
emotional resilience	build emotional resilience in teenagers

Sport, fitness and habits

Gyms, team sports and bad habits.

Word / chunk	Note or example
physical activity	encourage physical activity in schools
team sports	team sports build cooperation skills
gym membership	a gym membership can be expensive
cardiovascular health	swimming improves cardiovascular health
give up smoking	it is hard to give up smoking
alcohol abuse	alcohol abuse puts pressure on hospitals
take up a sport	take up a sport to meet new people
lead an active life	older adults should lead an active life

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