



## SPEAKING PRACTICE

# Speaking Bank 1

Health and Wellbeing | healthy habits | Cambridge IGCSE ESL 0511

## Part 1: Interview

Take turns asking and answering. Each person should aim to speak for 2-3 minutes in total.

Question	Strategy
<b>Personal / present</b> What do you do to stay healthy?	Use habits and frequency: <i>I try to... / I usually... / It helps me feel...</i>
<b>Past experience</b> Can you tell me about a time when you changed a habit?	Use before and after: <i>Before... / Then I started... / Now I...</i>
<b>Opinion / advice</b> What healthy habit should more teenagers have?	Give advice clearly: <i>Teenagers should... / It would help them... / For example...</i>

## Part 2: Short talk

Prepare for 1 minute. Then speak on your own for up to 2 minutes.

### Starting a healthier habit

You want to improve your health this month. You are considering these options:

- walking for thirty minutes every day
- preparing healthier snacks for school

**Talk about the advantages and disadvantages of each option. Say which option you would prefer, and why.**

### Strategy: plan your short talk

**Open:** Briefly introduce the situation:  
*There are two possible healthy habits to start...*

**Compare:** Give one advantage and one disadvantage for each option. Do not ignore either option.

**Choose:** Finish clearly:  
*I would prefer... because...*

## Part 3: Discussion

Discuss the questions. Each person should give reasons and examples, not just short answers.

### Follow-up questions

1. Why can it be difficult to start a healthy habit?
2. Should schools do more to help students stay healthy?
3. Is physical health more important than mental wellbeing? Why? Why not?
4. How can families encourage healthy choices?

### Strategy: develop your ideas in Part 3

**Advice:** Give a practical suggestion:  
*A good first step is... / People should try to... / It might help to...*

**Reason:** Explain why it matters:  
*This is important because... / The benefit is... / It can prevent...*

**Balance:** Avoid a simple answer:  
*It depends... / However... / At the same time...*



## SPEAKING PRACTICE

# Speaking Bank 2

Health and Wellbeing | exercise and fitness | Cambridge IGCSE ESL 0511

## Part 1: Interview

Take turns asking and answering. Each person should aim to speak for 2-3 minutes in total.

Question	Strategy
<b>Personal / present</b> What kind of exercise do you enjoy, if any?	Use likes and honest answers: <i>I enjoy... / I am not very interested in... / I prefer...</i>
<b>Past experience</b> Can you tell me about a sports activity you tried?	Use past details: <i>I tried... / It was... / I learned that...</i>
<b>Opinion / comparison</b> Is exercising with other people better than exercising alone?	Compare options: <i>With other people... / Alone, you can... / I think...</i>

## Part 2: Short talk

Prepare for 1 minute. Then speak on your own for up to 2 minutes.

### Getting more exercise

Your school wants students to be more active. You are considering these options:

- starting a lunchtime walking club
- offering short fitness challenges in class

**Talk about the advantages and disadvantages of each option. Say which option you would prefer, and why.**

### Strategy: plan your short talk

**Open:** Briefly introduce the situation:  
*There are two possible ways to help students be more active...*

**Compare:** Give one advantage and one disadvantage for each option. Do not ignore either option.

**Choose:** Finish clearly:  
*I would prefer... because...*

## Part 3: Discussion

Discuss the questions. Each person should give reasons and examples, not just short answers.

### Follow-up questions

1. Why do some young people avoid exercise?
2. Should all students have to do sport at school?
3. Can competitive sport ever be bad for wellbeing? Why? Why not?
4. How might technology help people become fitter?

### Strategy: develop your ideas in Part 3

**Explain:** Give a clear reason:  
*One reason is... / This happens because... / For many students...*

**Example:** Make it specific: *For example... / In a PE lesson... / A walking club could...*

**Evaluate:** Say how useful it is:  
*This would be effective because... / The problem is... / Overall...*



## SPEAKING PRACTICE

# Speaking Bank 3

Health and Wellbeing | stress and mental wellbeing | Cambridge IGCSE ESL 0511

## Part 1: Interview

Take turns asking and answering. Each person should aim to speak for 2-3 minutes in total.

Question	Strategy
<b>Personal / present</b> What helps you relax when you feel stressed?	Use present habits: <i>I relax by... / It helps when... / I also try to...</i>
<b>Past experience</b> Can you tell me about a time when you had a lot to do?	Use pressure language: <i>I had to... / I felt... / I dealt with it by...</i>
<b>Opinion / advice</b> Should students talk more openly about stress? Why? Why not?	Give a view sensitively: <i>I think they should... / It can help because... / Some students may feel...</i>

## Part 2: Short talk

Prepare for 1 minute. Then speak on your own for up to 2 minutes.

### Supporting student wellbeing

Your class wants to suggest ways to reduce stress at school. You are considering these options:

- creating a quiet room for breaks
- running short wellbeing sessions once a week

**Talk about the advantages and disadvantages of each option. Say which option you would prefer, and why.**

### Strategy: plan your short talk

**Open:** Briefly introduce the situation:  
*There are two possible ways to support student wellbeing...*

**Compare:** Give one advantage and one disadvantage for each option. Do not ignore either option.

**Choose:** Finish clearly:  
*I would prefer... because...*

## Part 3: Discussion

Discuss the questions. Each person should give reasons and examples, not just short answers.

### Follow-up questions

1. Why do students sometimes feel stressed?
2. Is it better to solve problems alone or ask for help?
3. Should schools give less homework to protect wellbeing?
4. What can friends do when someone is feeling worried?

### Strategy: develop your ideas in Part 3

**Care:** Use sensitive language:  
*Some people may feel... / It can be difficult to... / It is important to...*

**Support:** Suggest helpful action:  
*Friends could... / Teachers should... / One useful thing is...*

**Limit:** Show it is not simple: *However... / This may not work for everyone... / It depends on...*



## SPEAKING PRACTICE

# Speaking Bank 4

Health and Wellbeing | food, sleep and routine | Cambridge IGCSE ESL 0511

## Part 1: Interview

Take turns asking and answering. Each person should aim to speak for 2-3 minutes in total.

Question	Strategy
<b>Personal / present</b> What daily routine helps you feel well?	Use routine language: <i>Every day I... / I try to make sure... / This helps me...</i>
<b>Past experience</b> Can you tell me about a day when you did not feel your best?	Use general past description: <i>One day... / I felt... / I think it was because...</i>
<b>Opinion / cause</b> Which affects health more: food, sleep or exercise?	Compare causes: <i>I think sleep affects... / Food is important because... / Exercise also...</i>

## Part 2: Short talk

Prepare for 1 minute. Then speak on your own for up to 2 minutes.

### Improving daily wellbeing

You want to feel more energetic during the school day. You are considering these options:

- going to bed at the same time every night
- eating a healthier breakfast before school

**Talk about the advantages and disadvantages of each option. Say which option you would prefer, and why.**

### Strategy: plan your short talk

**Open:** Briefly introduce the situation:  
*There are two possible ways to feel more energetic...*

**Compare:** Give one advantage and one disadvantage for each option. Do not ignore either option.

**Choose:** Finish clearly:  
*I would prefer... because...*

## Part 3: Discussion

Discuss the questions. Each person should give reasons and examples, not just short answers.

### Follow-up questions

1. Why do some people ignore healthy advice?
2. Should schools sell only healthy food?
3. How does sleep affect learning?
4. Is it easy for teenagers to have a healthy routine? Why? Why not?

### Strategy: develop your ideas in Part 3

**Cause:** Link reasons and results:  
*If people... / This can cause... / As a result...*

**Compare:** Weigh different factors:  
*Sleep is more important because... / Food also matters... / Exercise can...*

**Conclude:** End with your judgement:  
*Overall... / For this reason... / In my opinion...*



## SPEAKING PRACTICE

# Speaking Bank 5

Health and Wellbeing | medical help and community health | Cambridge IGCSE ESL 0511

## Part 1: Interview

Take turns asking and answering. Each person should aim to speak for 2-3 minutes in total.

Question	Strategy
<b>Personal / present</b> What do people usually do when they feel unwell?	Use general present: <i>Most people... / They usually... / It depends on...</i>
<b>Past experience</b> Can you tell me about a time when someone helped you feel better?	Use thanks and detail: <i>I was... / Someone helped by... / I felt better because...</i>
<b>Opinion / responsibility</b> Who is responsible for keeping people healthy: individuals, families or governments?	Give a balanced view: <i>Individuals should... / Governments can... / Families also...</i>

## Part 2: Short talk

Prepare for 1 minute. Then speak on your own for up to 2 minutes.

### Sharing health advice

Your school wants to share simple health advice with students. You are considering these options:

- inviting a nurse to answer students' questions
- making posters about common health habits

**Talk about the advantages and disadvantages of each option. Say which option you would prefer, and why.**

### Strategy: plan your short talk

**Open:** Briefly introduce the situation:  
*There are two possible ways to share health advice...*

**Compare:** Give one advantage and one disadvantage for each option. Do not ignore either option.

**Choose:** Finish clearly:  
*I would prefer... because...*

## Part 3: Discussion

Discuss the questions. Each person should give reasons and examples, not just short answers.

### Follow-up questions

1. Why is clear health information important?
2. Should young people learn basic first aid at school?
3. What are the advantages of talking to a health professional?
4. How can communities help people live healthier lives?

### Strategy: develop your ideas in Part 3

**Inform:** Explain what people need to know: *People need clear advice about... / This information helps... / For example...*

**Responsibility:** Discuss who should act: *Schools should... / Families can... / The government might...*

**Outcome:** Explain the result: *This could improve... / People would be able to... / It may reduce...*