



EXTRA SPEAKING PRACTICE

Extra Speaking Bank 1

Health and Wellbeing | sleep and daily energy | 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
Personal / present What helps you get enough sleep on school nights?	Describe routine and effect: <i>I try to... / Before bed, I... / This helps me to...</i>
Past experience Can you tell me about a day when you were too tired?	Explain cause and consequence: <i>I had stayed up... / The next day... / I realised that...</i>
Opinion / priority Should schools teach students more about sleep?	Explain educational value: <i>Students need to understand... / This could improve... / Schools could teach...</i>

Part 2: Short talk

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

Improving students' sleep

Your class wants to encourage healthier sleep habits before exams. You are considering these options:

- running a one-week sleep challenge
- inviting a health expert to answer students' questions

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 encourage healthier sleep before exams...

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 many people continue unhealthy sleep habits even when they know the risks?
2. Should school start later for teenagers?
3. How much responsibility do employers have for workers' tiredness?
4. Could society function well if people chose completely different daily schedules?

Strategy: develop your ideas in Part 3

Cause: Look beyond the obvious reason:
People may know the risk, but... / A deeper cause is... / Daily pressure can...

Weigh: Compare benefits and disruption:
A later start could... / However, families might... / On balance...

Broaden: Move from individuals to society:
Employers also need to... / At a social level... / This would affect...



EXTRA SPEAKING PRACTICE

Extra Speaking Bank 2

Health and Wellbeing | food information and healthy choices | 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
Personal / present What information do you look at when choosing food?	Name the information and reason: <i>I usually check... / I pay attention to... / This matters because...</i>
Past experience Can you tell me about a food choice that surprised you?	Describe discovery and reaction: <i>I thought it was... / Then I noticed... / Since then...</i>
Opinion / labels Do food labels make it easier to eat healthily?	Evaluate usefulness and limits: <i>Labels are useful because... / They can be confusing when... / They work best if...</i>

Part 2: Short talk

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

Helping students understand food choices

Your school wants students to make more informed food choices. You are considering these options:

- adding simple nutrition labels to canteen meals
- holding practical lessons on planning balanced meals

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 make informed food choices...

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. Should unhealthy food be made more expensive?
2. How much do advertising and packaging influence what people eat?
3. Is healthy eating mainly a personal choice or a social issue?
4. What should governments do when expert health advice changes?

Strategy: develop your ideas in Part 3

Position: State your judgement directly:
I would or would not support... / The strongest reason is... / This policy might...

Influence: Explain how choices are shaped: *Advertising encourages... / Packaging makes people assume... / Price also affects...*

Responsibility: Divide responsibility fairly: *Individuals should... / Governments can... / Food companies must...*



EXTRA SPEAKING PRACTICE

Extra Speaking Bank 3

Health and Wellbeing | pressure 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
<p>Personal / present What helps you feel calmer when you have a lot to do?</p>	Describe method and effect: <i>I usually... / It helps by... / Afterwards, I feel...</i>
<p>Past experience Can you tell me about a time when someone supported you?</p>	Describe support and impact: <i>I was worried about... / They helped me to... / As a result...</i>
<p>Opinion / support Is it becoming easier for young people to talk about stress?</p>	Compare change and remaining barriers: <i>It is easier now because... / Some people still... / More could be done to...</i>

Part 2: Short talk

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

Supporting wellbeing during a busy term

Your school wants to support students during a particularly busy term. You are considering these options:

- providing a quiet wellbeing room at lunchtime
- organising small peer-support groups

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 students during the busy term...

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 success sometimes increase rather than reduce stress?
2. Should schools reduce academic pressure even if results become lower?
3. Can social media offer genuine emotional support?
4. How can a society take mental wellbeing seriously without treating every difficulty as an illness?

Strategy: develop your ideas in Part 3

Explore: Show why the issue is complex:
Success can create... / At the same time... / The pressure may come from...

Concede: Recognise a competing concern:
Although results matter... / I accept that... / Nevertheless...

Define: Draw a careful distinction:
Everyday difficulty means... / An illness may involve... / Support should match...



EXTRA SPEAKING PRACTICE

Extra Speaking Bank 4

Health and Wellbeing | community exercise and active living | 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
<p>Personal / present How active are you during an ordinary week?</p>	Use frequency and range: <i>I am active when... / About twice a week... / I would like to do more...</i>
<p>Past experience Can you tell me about an activity that was more enjoyable than expected?</p>	Contrast expectation and result: <i>I expected it to be... / Once I started... / I enjoyed...</i>
<p>Opinion / access What makes it difficult for some people to exercise regularly?</p>	Identify practical barriers: <i>Some people lack... / Another barrier is... / It would be easier if...</i>

Part 2: Short talk

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

Encouraging local people to be more active

Your community wants to make regular exercise easier for local people. You are considering these options:

- offering free weekend activity sessions in the park
- creating marked walking and cycling routes

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 local people become 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. Should public money be spent on encouraging people to exercise?
2. Why do competitive sports motivate some people but discourage others?
3. Can towns be designed in ways that naturally improve health?
4. Will technology make future generations more active or less active?

Strategy: develop your ideas in Part 3

Justify: Connect spending to public benefit: *Public money is justified if... / This could prevent... / The community would gain...*

Contrast: Compare different motivations: *Competition motivates people who... / Others may feel... / A non-competitive option...*

Predict: Link technology to behaviour: *Technology may encourage... / On the other hand... / The outcome will depend on...*



EXTRA SPEAKING PRACTICE

Extra Speaking Bank 5

Health and Wellbeing | health information and medical services | 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
Personal / present Where do you usually look for reliable health information?	Name the source and test reliability: <i>I normally check... / I trust it because... / I would confirm it by...</i>
Past experience Can you tell me about some health advice that was useful to you?	Explain advice and result: <i>I was advised to... / I followed the advice by... / It helped because...</i>
Opinion / technology Are online medical appointments a good idea?	Compare access and quality: <i>They are convenient for... / A face-to-face visit is better when... / They should be used for...</i>

Part 2: Short talk

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

Improving access to basic health advice

Your area wants young people to obtain reliable basic health advice more easily. You are considering these options:

- creating a local health-information website
- holding a weekly drop-in session with a nurse

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 improve access to reliable 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 does false health information spread so easily?
2. Should medical professionals correct misleading health claims online?
3. How should limited medical resources be shared fairly?
4. Could technology ever replace most face-to-face healthcare?

Strategy: develop your ideas in Part 3

Cause: Explain why misinformation attracts attention:
False claims often seem... / People may share them because... / Algorithms can...

Fairness: State a principle for distribution:
Priority should go to... / A fair system would... / Need is more important than...

Boundary: Identify what technology cannot do: *Technology is suitable for... / Human contact remains necessary when... / It cannot fully replace...*