

- Collocations and Idioms about Health in IELTS Speaking

## Collocations

### 1. Healthy diet

- Meaning: A diet that contains the proper balance of nutrients.

- Example: Maintaining a healthy diet is crucial for overall well-being.

رژیمی که حاوی تعادل مناسب مواد مغذی باشد.

### 2. Regular exercise

- Meaning: Engaging in physical activity consistently.

- Example: Regular exercise can significantly reduce the risk of chronic diseases.

انجام فعالیت بدنی به طور منظم.

### 3. Mental health

- Meaning: The state of someone's psychological well-being.

- Example: Good mental health is just as important as physical health.

- معنی: وضعیت سلامت روانی فرد -

#### 4. Chronic illness

- Meaning: A long-lasting health condition that can be controlled but not cured.

- Example: Diabetes is a common chronic illness that requires constant management.

- معنی: یک وضعیت سلامتی طولانی مدت که قابل کنترل است اما درمان نمی شود.

#### 5. Balanced diet

- Meaning: A diet that includes a variety of different types of food.

- Example: Eating a balanced diet helps ensure you get all the necessary nutrients.

- معنی: رژیمی که شامل انواع مختلف غذاها باشد -

#### 6. Physical fitness

- Meaning: The ability to perform daily tasks with vigor and without undue fatigue.

- Example: Physical fitness is achieved through regular exercise and a healthy lifestyle.

توانایی انجام کارهای روزانه با انرژی و بدون خستگی بیش از حد-

- Idioms

1. An apple a day keeps the doctor away

- Meaning: Eating healthy foods will keep you healthy.

- Example: My grandmother always says, "An apple a day keeps the doctor away," to encourage us to eat more fruits.

- معنی: خوردن غذاهای سالم شما را سالم نگه می‌دارد.

2. Under the weather

- Meaning: Feeling ill or sick.

- Example: I'm feeling a bit under the weather today, so I'm going to rest at home.

- معنی: احساس بیماری یا ناخوشی.

3. Fit as a fiddle

- Meaning: In very good health.
- Example: Even at 70, my grandfather is as fit as a fiddle.
- معنی: در سلامت کامل بودن.

#### 4. To be on the mend

- Meaning: Recovering after an illness or injury.
- Example: After a week of bed rest, I'm finally on the mend.
- معنی: در حال بهبودی پس از بیماری یا آسیب دیدگی.

#### 5. Kick the bucket

- Meaning: To die.
- Example: The old man kicked the bucket last night after a long illness.
- معنی: مردن.

#### 6. At death's door

- Meaning: Very close to death.
- Example: He was at death's door after the accident but miraculously survived.
- معنی: نزدیک به مرگ بودن.

- Sample Questions and Answers Using Collocations and Idioms

**1. Question: What do you do to stay healthy?**

- Answer: I try to **maintain a healthy diet** and **engage in regular exercise**. I believe that **staying fit as a fiddle** requires a balanced **diet and physical fitness routines**.

**Question: How important is mental health compared to physical health?** - Answer: **Good mental health** is just as important as physical health. Without mental well-being, it's hard **to stay physically fit**. They go hand in hand.

**3. Question: Have you ever been seriously ill?** - Answer: Yes, I once had a severe flu and **felt really under the weather** for about a week. It took a while, but eventually, **I was on the mend**.

**4. Question: What are the benefits of having a healthy diet?** - Answer: **A healthy diet** provides the necessary nutrients for the body, reduces **the risk of chronic illnesses**, and helps **maintain physical fitness**. Truly, **an apple a day keeps the doctor away!** - -

**5. Question: How do you deal with stress and maintain mental health?** - Answer: **To maintain good mental health**, I practice mindfulness, engage in hobbies, and ensure regular exercise.

These activities **help me stay fit as a fiddle** both mentally and physically.

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## ❖ Health Collocations and Idioms Quiz

- Questions

1. Which collocation means a diet that includes a variety of different types of food?

- a) Healthy diet
- b) Balanced diet
- c) Regular exercise
- d) Physical fitness

2. What does the idiom "under the weather" mean?

- a) Feeling extremely happy
- b) Feeling ill or sick
- c) Feeling adventurous
- d) Feeling tired

3. Fill in the blank: After the surgery, he was finally \_\_\_\_\_.

- a) fit as a fiddle
- b) under the weather
- c) on the mend
- d) kicking the bucket

4. Which collocation refers to the state of someone's psychological well-being?

- a) Chronic illness
- b) Physical fitness
- c) Mental health
- d) Balanced diet

5. What does the idiom "fit as a fiddle" mean?

- a) Feeling very sick
- b) In very good health
- c) Close to death
- d) Recovering from an illness

6. Fill in the blank: Regular \_\_\_\_\_ can significantly reduce the risk of chronic diseases.

- a) diet
- b) exercise
- c) illness
- d) stress

7. Which idiom means "very close to death"?

- a) On the mend
- b) Fit as a fiddle
- c) Under the weather
- d) At death's door

8. What does "kick the bucket" mean?

- a) To feel better
- b) To die
- c) To recover from illness
- d) To feel happy

9. Fill in the blank: My grandmother always says, "\_\_\_\_\_ keeps the doctor away," to encourage us to eat more fruits.

- a) A banana a day



- b) An apple a day
- c) A carrot a day
- d) An orange a day

10. Which collocation describes the ability to perform daily tasks with vigor and without undue fatigue?

- a) Balanced diet
- b) Physical fitness
- c) Chronic illness
- d) Mental health

• **Answers**

1. b) Balanced diet
2. b) Feeling ill or sick
3. c) on the mend
4. c) Mental health
5. b) In very good health
6. b) exercise
7. d) At death's door

8. b) To die

9. b) An apple a day

10. b) Physical fitness