

Talk about an article which you have read about health

IELTS Cue Card

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IELTS English speaking course - Simply IELTS



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In this lesson from simply ielts, you will know how to Talk about an article which you have read about health IELTS Cue Card part 2 with band 9 answer and part 3 follow up questions.

You should say

- What it was?
- When you read it?
- Where did you read it?
- Why did you read it?
- Why do you think it was an interesting read?

Model Answer to Talk about an article which you have read about health

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- I read an article about discontinuous fasting that I observed to be extremely fascinating.
- I read it online on New York Times in December last year.
- I have battled with eating a sound eating routine and keeping my weight in charge.
- I needed to make a fresh new goal for the coming year to follow a sound way of life and

embrace great dietary patterns.

- I had winter break in December and had some an ideal opportunity to do some exploration on sound living before the Year 2021 began.
- I went on the web and began looking for approaches to shed pounds and that is the point at which I saw a few articles on irregular fasting.
- One of them was from New York Times and that is the article I needed to peruse.
- I have consistently discovered news and articles from NY Times to be solid and well-informed.
- The article clarified that discontinuous fasting implied fasting for 16 hours consistently.
- This should be possible by having supper by 8 PM, skipping breakfast, and having the principal dinner around early afternoon.
- Also, individuals can begin fasting for 12 hours and steadily increment to 16 hours.
- This helps in getting in shape as during fasting glucose gets exhausted and our body begins consuming fat for energy.
- Before perusing this article, I thought individuals just abstained for strict reasons and there were no medical advantages to it.
- I likewise imagined that it was essential to eat 3 suppers every day and never miss breakfast as having breakfast early helped our digestion.
- The article additionally referenced that other than weight reduction, fasting each day likewise decreases the danger of numerous illnesses like diabetes,
- Alzheimer's and a few malignant growths.
- I tracked down this data extremely fascinating and was charmed. I started following this eating routine.
- It was hard right away and I nearly surrendered, yet I was starting to see stunning outcomes and that made a big difference for me.
- I am at my ideal weight now and I'm extremely glad that I happened upon this article.
- I have imparted this article to such countless companions who are attempting to get in shape.

Speaking Part 3 Follow-Up Questions to Talk about an article which you have read about health

1. Do you think people are healthier now than in the past?

I think individuals were better before. They had great unadulterated food with no destructive added substances, new clean air to inhale, better balance between fun and serious activities, and more opportunity for proactive tasks.

Likewise, today there are so many inexpensive food choices that individuals are eating low quality nourishment more than sound home-prepared suppers.

2. How can you tell whether a website is reliable or not?

One way is to genuinely look at the URL and check whether it's a confided in organization, government office, or a college. Another way is to twofold check the data gave. Assuming a valid webpage negates the data given by a site, that website can't be trusted.

3. What activities can school organize for children to keep fit?

Schools can put together fun games like sack race, hand-off runs, and so forth to keep understudies dynamic. Schools additionally need to add more actual instruction classes to their day by day educational plan. They can expand break time so understudies get more opportunity to play outside.

4. What can governments do to improve people's health?

Provide individuals moderate great quality medical services. Build more green spaces like parks, sports arenas so that individuals have somewhere to walk, exercise, and play. Tax low quality nourishments, sweet beverages, liquor, and tobacco.