

Exercise 5

Read the IELTS Speaking Part 3 questions and responses on the subject of health. Correct the underlined phrases which express importance.

1. **Examiner:** How important is it for people to do regular exercise?

Student: Well, given the fact that more and more people are suffering from conditions such as diabetes, obesity and heart disease, I would say it's an absolute necessary.



2. **Examiner:** How important is it to have regular health checks?

Student: I think it very much depends on the individual. Some people seem to be healthy by nature, so I would say that for them, it's long from being essential.



3. **Examiner:** How important is it for young children to understand about nutrition?

Student: I guess that would depend on the age of the child. For young children under ten years old, it is really their parents who should be keeping an eye on what their children are eating. So, for them, it's either here nor there.



4. **Examiner:** How important is it for schoolchildren to play team sports?

Student: I think there are a lot of benefits for children of playing team sports. For example, they can learn concepts such as the benefits of cooperation and compromise. But not everybody works well in a team. Some people work better individually. For people like these, I would have to say that playing team sports isn't a should.



5. **Examiner:** Is it important for food in supermarkets to show nutritional information?

Student: Well, it is certainly a good thing for some people, especially those who have special nutritional needs or food allergies. Knowing what they are eating could actually save their lives. But I would say that for the majority of people, it's not a matter of living or dying. Personally speaking, I never read labels to check the fat or salt content of the food I buy, so it is not something that concerns me greatly.

