

# IELTS Vocabulary 2.

## Food, Health, Medicine

- Words
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# 2

## Food, Health, Medicine

## Words & Collocations

### FOOD

# Cooking Vocabulary

with [word definitions](#), [example sentences](#) and [quiz](#)



Photo: Cooking vegetables in a pan.

Knowing how to **cook** is a one of the most useful skills we can learn. If we can cook, we can eat healthy **dishes** made at home with fresh **ingredients** instead of having to buy unhealthy fast food or expensive pre-cooked or frozen meals. Cooking our own meals is not only healthy and cheap, but can also be fun if we explore **cookbooks** and cooking websites and find new **recipes** to try.

### Frying, boiling and steaming

Even if you only have a small stove or cooker with a couple of hotplates, you can cook delicious food at home. You can **fry** meat, fish or eggs in a frying pan with oil or butter. You can also **chop** or **slice** vegetables and **sauté** or **stir-fry** them in a pan or a wok. Another way of cooking vegetables and grains like rice is by **boiling** or **steaming** them. You

can **peel** vegetables like potatoes and carrots before cooking them, and even **mash** them after they're cooked if you like. You can also boil other foods like spaghetti, eggs and certain meats, or steam fish and other seafood like crabs and mussels.

With a simple hotplate you can also make soups and stews. The ingredients for these often include **diced** meats and vegetables as well as a **pinch** of salt. You can also **sprinkle** in **spices** like pepper or paprika or add **herbs** like basil or parsley. You can even make sauces by **melting** butter in a saucepan and **mixing** in flour and milk before **adding** other ingredients like **grated** cheese and then **stirring** until your sauce is smooth.

## Grilling and roasting

If you have a stove with a grill or broiler, or an appliance such as an electric grill, you can also **grill** meat, fish and vegetables. If you're grilling food at a high temperature, be careful. It's easy to **burn** it if you cook the food for too long. But many people love grilling, and some even say it's the best way to cook fish, steak and many other meats.

If you also have an oven you can **roast** certain meats and vegetables. In an oven, food is surrounded by hot air that gradually cooks from all sides, so roasting a whole chicken or a leg of lamb takes time. After being cooked, roast meat is **carved** into pieces before being **served**, often together with roast potatoes, carrots and onions. A meal like this is sometimes called a "Sunday roast" as it was traditionally cooked every Sunday in countries like England and Australia.

## Baking

Ovens can also be used to **bake** foods like bread, cakes, cookies, pastries and pies. The main ingredient of most baked foods is wheat flour. After being sifted to remove any lumps, the flour is used to **prepare** a batter or dough that's put into a **preheated** oven to bake. People often think baking is difficult, but as the following recipe shows it can be easy if you have simple directions to follow.

### Vanilla Cake

#### *Ingredients*

- 1 cup white sugar
- 1/2 cup butter
- 2 eggs
- 1 **tbsp** vanilla extract
- 1 1/2 cups self-raising flour

- 1/2 cup milk

### Directions

1. Preheat oven to 350 degrees F (175 degrees C). **Grease** and flour a cake pan.
2. In a mixing bowl, cream together the sugar and butter. **Beat** in the eggs, then add a **tablespoon** of vanilla extract and **whisk**. Add flour to the mixture and stir in milk until the batter is smooth. Pour or spoon batter into the greased cake pan.
3. Bake for 30 to 40 minutes in the preheated oven.



baking a cake



burnt toast



cookbook



beating eggs



carving meat



cutting a pepper



boiling water



chopping green onions



frying fish fillets





grating cheese



mixing flour and eggs



slicing a tomato



grilling



peeling an apple



sprinkling salt



mashing potatoes



roasting a chicken



steaming broccoli



melting butter



sautéing mushrooms



stirring a sauce



stir-frying vegetables



tablespoon and teaspoon



whisking a cake mix

# Kitchens and Kitchenware Vocabulary

with word definitions, example sentences and quiz

Foods like fruit, nuts and certain shellfish can be eaten raw, but most of the food we eat is cooked. It can be cooked outdoors over a campfire or on a **barbecue**, but most food is cooked indoors in a room called a **kitchen**. Kitchens have their own specially-designed **fixtures** and electric **appliances** as well as many smaller items of **kitchenware** for preparing and cooking food and making drinks.

## Kitchen fixtures and furniture

Kitchen fixtures include **sinks** for rinsing food and washing **the dishes**, benches on which food is prepared, and drawers in which **kitchen utensils** and **eating utensils** are kept. Kitchens can also have shelves and cupboards for storing **cooking pots** and pans and other kitchenware along with **tableware** like dinner plates, soup bowls, coffee cups and wine glasses. They might also have special furniture such as a kitchen table and chairs at which quick meals can be prepared and eaten.



Photo: A typical modern kitchen with many kitchen fixtures and appliances.

## Kitchen appliances

The one appliance that all kitchens must have is a **stove** or cooker. Some kitchens have a large all-in-one gas or electric stove with several gas rings or electric **hotplates** on the top, a **grill** or broiler underneath, and an **oven** under the grill for baking and roasting. Instead of having an all-in-one stove like this, a kitchen can have a single or multiple hotplate that sits on a bench along with a microwave or toaster oven and a separate electric grill.

Modern kitchens also have a **refrigerator** with a cooler for keeping food and drinks cold and a freezer for storing frozen foods. Most kitchens also have a **toaster** for making toast, an electric water boiler or **kettle** for making tea and coffee, and a **blender** for making fruit smoothies and milkshakes. Other common appliances include **food processors**, rice cookers, coffee makers and machines, and **dishwashers** of various sorts.

## Kitchenware

Modern kitchens are also full of kitchenware of two basic kinds; **cookware**, meaning pots, pans and cooking dishes, and kitchen utensils like kitchen knives and stirring spoons. Many different kinds of cookware are used in different parts of the world, but the most common include cooking pots, **saucepans**, **frying pans** and **woks**. Cookware that's only used in an oven is called ovenware and includes metal **baking trays**, cake tins and roasting pans as well as heatproof ceramic or glass **casserole dishes**, pie dishes and other ovenproof cooking dishes.

Common kitchen utensils found in most homes include a set of very sharp kitchen knives, some wooden stirring spoons, a **spatula**, a **grater**, a soup ladle, a **vegetable peeler** and a pair of kitchen **tongs**. Other items found in



kitchens include **chopping boards**, measuring cups, mixing bowls, **colanders**, cooking timers, oven mitts or gloves, tea towels or dishtowels, and so on.



blender



colander



eating utensils or cutlery  
(UK) or silverware (US)



casserole dish or  
casserole



cooking pot or stockpot



food processor



chopping board



cookware



frying pan or frypan



dishwasher



grater



grill (UK) or broiler (US)



kitchen utensils or cooking utensils



stove or cooker or range



hotplate



refrigerator or fridge



tableware



kettle



saucepan



toaster



kitchen sink



spatula



vegetable peeler



wok

## Dining Vocabulary

with [word definitions](#), [example sentences](#) and [quiz](#)



Photo: Dining table set up outdoors.

### Breakfast, lunch and dinner

In most parts of the world people have three meals a day. The first is breakfast, then lunch in the middle of the day and dinner in the evening. Most people have breakfast at home, and some take a home-made lunch to work or school. Most people also have dinner at home, and for many modern families **dinnertime** is the only chance we have to get together and talk to one another. At family dinners we don't have to follow the rules of **etiquette** for **formal** dining, but if you go to expensive restaurants or travel for business it's useful to know these rules. You might also need to know them if you're hosting a **dinner party** or having special guests for dinner.

### Table settings and dining etiquette

Houses and large apartments often have a **dining room** with a **dining table** that can seat many people. Dining rooms are sometimes used for everyday meals, but often they're only used for big family gatherings, dinner parties or formal meals. If you're hosting a meal like this, you'll probably use your best set of **dinnerware** and cutlery. Before your guests arrive you'll need to **set the table**. Begin by covering the table with a **tablecloth** and then place a **centrepiece** such as **candle sticks** or a flower arrangement in the middle of the table. Then arrange **place settings** around the table, making sure there's a place for everyone, including yourself.

Place settings for formal dinners usually include a **place mat**, or an empty space, in the middle with a **dinner fork** and a smaller salad fork to the left, a **table knife** and **soup spoon** to the right, and a **dessert fork and spoon** across the top. Each place setting also has a **bread plate** and **butter knife** on the left and a drinking glass or **tumbler** and a **wine glass** on the right. Sometimes these glasses are on **coasters**, but only if place mats are used instead of a tablecloth. The place settings for dinner in most hotel dining rooms and fancy restaurants are also like this.

Salad or soup **bowls**, **dinner plates** and dessert bowls are often brought to the table during the meal, and if so they shouldn't be on the table before the meal begins. There should, however, be a folded **napkin** at each guest's place, and if you're serving steak or fish you can add a **steak knife** or **fish knife** as well. **Salt and pepper shakers** and **jugs** full of drinking water should also be on the table. If you're serving tea or coffee after the meal, bring **cups and saucers** as well as a sugar bowl, teaspoons and a small jug of milk or cream to the table.



bowl



butter knife



candlesticks





centrepiece



dinner fork



napkin or serviette



coasters



dinner plate



placemat



cup and saucer



dinnerware set



place setting



dessert fork and spoon



fish knife



salt and pepper shakers



setting the table



sugar bowl



tumbler



soup spoon



table knife



water jug



steak knife



tablecloth



wine glass

# Restaurant Vocabulary

with word definitions, example sentences and quiz



Photo: Small restaurant in Montevideo ([Carvalho](#))

Most people **eat out** quite often, even if they like cooking and eating at home. They might eat breakfast or lunch in a **cafeteria** or canteen where they work or study, or go to a **café** or **restaurant** nearby. Many people also go out to eat dinner once or twice a week. They might go to a **fast food** restaurant for a quick meal, or go to a proper restaurant if they're eating out with family or friends, or when going on a date. They might go somewhere that serves just one country's food like an Italian or Japanese restaurant, or to a restaurant that serves a particular type of food like seafood or **vegetarian** food. They might even go to a **high-class** restaurant that serves expensive **cuisine** in a formal setting.

English has become the world's international language, so if you're travelling, studying or working overseas it's the language you'll probably use when eating out. You might use it to **make a booking** and reserve a table, and when you arrive you might be greeted in English by the head waiter or **maitre d'** before being led to your table. Then your **waiter** or **waitress** will probably bring **menus** in English and tell you about the day's **specials** and answer any questions, also most-likely in English.

## Menus and courses

A menu is a list of the food and drinks that guests can order. Menus are sometimes written on large boards for everyone to see, and sometimes they're printed on paper and handed to each guest. A simple menu like a breakfast menu or a children's menu might list just a few dishes and drinks, but lunch and dinner menus usually list many dishes. They can be **à la carte** dishes ordered individually, or dishes grouped together in a **set menu**. In European or Western-style menus, dishes are listed in a series of **courses**.

The first course is called starters, **appetizers** or **hors d'oeuvres**, and can be a bowl of soup, a small serving of **pasta**, a salad or one of many **savoury** starters. Next is the main course or **entrée**, and this is usually fish, meat or poultry served with vegetables or salad or other **side dishes**. In many restaurants vegetarian entrées are also available these days.

Menu	
<b>STARTERS</b> Spring Rolls French Onion Soup Tomato Bruschetta Caesar Salad	<b>MAIN COURSE</b> Grilled Salmon with Dill Sauce Roast Beef with Vegetables Chicken and Mushroom Pie Marrakesh Vegetarian Curry Eggplant Lasagne
<b>SIDE DISHES</b> Mixed Green Salad Garden Vegetables French Fries Garlic Bread	<b>DESSERT</b> Apple Pie with Cream Lemon Meringue Pie Vanilla Ice Cream Crêpe Suzette Fruit Salad

After the main course, your waiter or waitress might bring a **dessert** menu if you haven't already ordered desserts from the main menu. Desserts are nearly always sweet, and can be frozen like ice cream or gelato, served at room temperature like fruit salad or cakes, or served hot like pancakes, **puddings** and fruit pies. Dessert is sometimes followed by a **cheese platter** with a selection of different cheeses as well as crackers, dried fruits, nuts, etc. Guests are usually offered tea and coffee, and sometimes chocolates are also served after a meal.

Many people like to drink wine when they eat out, and higher-class restaurants often employ a wine steward or **sommelier** who helps guests pair wines from the **wine list** with the food they order. Traditionally, red wines are paired with darker meats like steak, roast beef and duck, while white wines and light reds are paired with lighter meats like chicken, fish and seafood. Many wine lists don't show the prices, so make sure you ask how much a glass or bottle costs before ordering. Famous wines can cost thousands of dollars per bottle, and you don't want to get a nasty shock when you see the **bill**.

## Bills and tipping



When you've finished your meal and you're ready to leave, ask your waiter for the bill. In many countries a **service charge** of 10% to 20% of the total amount is added to the bill. This is meant to be shared among the service staff, but in North America and some Eastern European countries a service charge isn't added. In these places you should give a **tip**<sup>1</sup> of 15% to 20% directly to the waiter instead. Waiters and other staff like bartenders are usually paid very low wages, so when eating out try to **tip**<sup>2</sup> generously, especially in countries like the USA where a service charge isn't added to the bill.

**à la carte** (adjective): ordered as a separate dish; not part of a set menu - *Do you have à la carte dishes as well as set menus?*

**appetizer** (noun): a dish that's eaten before the main course - *For an appetizer I'll have spring rolls, please.*

**bill (also US "check")** (noun): the written amount you must pay for a meal and drinks - *Can we have the bill, please?*

**café (also "coffee shop")** (noun): an informal restaurant serving simple meals plus hot and cold drinks - *Is there an all-night café around here?*

**cafeteria (also "canteen")** (noun): a place that sells low-cost meals in a school or work-place, usually from a self-service counter - *What's the food in the school cafeteria like?*

**cheese platter** (noun): a selection of cheeses and crackers served on a large plate - *After dessert, we had a cheese platter and some more wine.*

**course** (noun): one part of a meal - *French meals usually include three or four courses.*

**cuisine** (noun): a country or region's style of cooking - *There's more to Indian cuisine than curries, you know.*

**dessert** (noun): sweet food eaten at the end of a meal - *You love desserts, don't you?*

**eat out** (phrasal verb): to go out to a restaurant, esp. at night - *We usually eat out three or four nights a week.*

**entrée** (noun): 1. the main course of a meal 2. a course before the main course (Br English) - *What are you having for your entrée?*

**fast food** (noun): quickly prepared food like hamburgers and French fries - *I'll get some fast food on the way home.*

**high-class** (adjective): of high quality or high social status - *We can't afford to go to those high-class restaurants.*

**hors d'oeuvre** (noun): a savoury food served as an appetizer before the main course - *Let's order some hors d'oeuvres first.*

**maitre d' (also "head waiter")** (noun): the person who supervises a restaurant's waiting staff - *Good maitre d's earn a lot of money these days.*

**make a booking (also "book a table")** (phrase): to contact a restaurant and reserve a table for a meal - *It's a popular restaurant so we'd better make a booking.*

**menu** (noun): the list of foods and drinks served in a restaurant, café, hotel, etc. - *Let's check the menu before deciding whether to eat here.*

**pasta** (noun): Italian food made from flour and water, such as spaghetti, ravioli, lasagne, etc. - *You can order any of our pasta dishes as an appetizer if you want.*

**pudding** (noun): a soft sweet food eaten as a dessert - *My grandma used to make the best chocolate pudding ever!*

**restaurant** (noun): a place with a kitchen and dining area where people pay to eat meals - *There are lots of Thai and Japanese restaurants around here.*

**savoury** (adjective): (of food) salty or spicy rather than sweet - *Most appetizers are savoury dishes.*

**service charge (also "service")** (noun): an extra amount added to a restaurant bill that's meant to be given to staff for their service - *They've already added a 20% service charge.*

**set menu** (noun): a multi-course meal sold for a fixed price - *Are the set menus good value?*

**side dish (also "side order")** (noun): an extra dish or serving that's ordered together with a main dish - *I'll have the steak with a side dish of potato salad, please.*

**sommelier (also "wine steward")** (noun): a wine expert who advises guests on ordering or pairing wines - *Our sommelier also developed our wine list and orders the wines.*

**special** (noun): a dish that's available sometimes, but isn't on the regular menu - *Today's specials are grilled Hawaiian salmon and Australian tiger prawns.*

**tip<sup>1</sup>** (noun): extra money given by a guest to a waiter or other staff - *If the service is great, leave a big tip.*

**tip<sup>2</sup>** (verb): to give extra money to a waiter or other staff member for their service - *Waiters don't earn much, so I always tip them.*

**vegetarian** (adjective): of dishes or diets that don't include animal products, esp. meat - *My doctor says I should switch to a vegetarian diet.*

**waiter** (male) or **waitress** (female) (noun): a person who takes orders from guests and brings their food - *Have you ever been a waiter?*

**wine list** (noun): a printed list of all the wines available in a restaurant - *Would you like to see the wine list, madam?*

# Food and Health Vocabulary

with word definitions, example sentences and quiz



The food we eat can affect our health in many ways. If we eat food that's **contaminated** with bacteria, we'll be sick and go to the toilet more often. We can also get sick if we eat dangerous foods like poisonous mushrooms or certain kinds of fish. These foods have short-term effects on our health, but food can also have long-term effects on our health.

These long-term effects vary depending on where we live and how much we eat. In a country with food shortages due to war or lack of rain, people might suffer from **malnutrition**. People with malnutrition lose a lot of weight and become very thin and weak. They can also develop long-term illnesses due to the lack of essential **nutrients** like vitamin C and iron. People in rich, developed countries can also develop food-related illnesses, but they're usually related to eating too much, or **overeating**, rather than eating too little.

The term **malnutrition** is made from the combining form **mal-** (bad) + the noun **nutrition** (food, nourishment, eating). It therefore means "bad eating", and covers "wrong" eating, under-eating and over-eating. Other words formed with *mal-* include: *malpractice*, *malfunction*, *malodorous*

## Overweight and obesity



People who overeat can become **overweight**, especially if they don't exercise. Being a little overweight isn't usually related to serious health problems, but putting on more weight and becoming **obese** definitely is. This



is because **obesity** is a major **risk factor** for many serious illnesses that can be **fatal** and shorten our lives by many years.

People who are suffering from malnutrition can usually recover by simply eating **nutritious** food, but people who are obese face a far more difficult situation. To recover they must lose a lot of weight by eating less and changing to a healthy **diet**<sup>1</sup>. This can be very difficult to do, especially if they live in a place full of Western-style **fast foods** and **processed** foods. And even if they lose weight by going on a **diet**<sup>2</sup>, most people soon return to their usual diet and put the weight back on. So learning about food and health and how to prevent obesity in the first place is one of the most important things we can learn.

All the energy our bodies need comes from the food we eat, and it's measured in **calories**. If we balance the calories we get from food with the number we "burn" each day as energy, our body weight stays the same. But if we eat more food than we need, the extra energy is stored as body fat and we put on weight. You can check to see if your body weight is healthy or not by measuring your height and weight and then calculating your **body mass index (or BMI)** with a special formula. If your BMI is between 18.5 and 25, your weight is healthy. If it's between 25 and 30, you're overweight, and if it's over 30, you're obese and need to change your diet.

## The obesity epidemic



Before the 1970s obesity wasn't a serious problem, but in the mid-70s obesity rates began rising in Western countries like the USA, UK and Australia. These were the first countries in which major food companies began increasing their **profits** by selling more snack foods, fast foods and processed **junk food** than ever before. Fast food companies opened hamburger, pizza and fried chicken outlets in every big town and city and spent huge amounts of money **marketing** them. Major food companies filled supermarkets with frozen "TV dinners" and convinced families they were as healthy as home-cooked meals. They marketed more and more sweets, snack foods and sugary drinks to children even though they knew they were damaging their health and ruining their teeth. They spent millions of dollars **lobbying** governments in order to stop them from **regulating** their industry and reducing their profits.

In the 1990s Western food companies began targeting people in developing countries as well, and many are now eating hamburgers, pizzas and other Western foods instead of traditional local foods. As a result, obesity rates have increased greatly in those countries as well. According to the World Health Organization (WHO), only 1% of the world's children were obese in 1975, but the number is now 10 times higher. The number of overweight and obese adults has also increased greatly since 1975 and is now over 2 billion people. The situation has become so serious that it's being called an obesity **epidemic**.

An epidemic usually involves just one disease, but the obesity epidemic is related to several diseases. It's a major risk factor for **heart disease** and heart attacks, **high blood pressure** and **strokes**, **diabetes** and kidney disease, and many kinds of **cancer**, all of which can be fatal. And our risk of developing one of these diseases increases every time we eat certain dangerous or fattening foods.

## Dangerous foods



Most nutritionists now agree that a diet of Western-style processed food and fast food is one of the unhealthiest diets of all. This is because it's so high in **saturated fats**, **trans fats**, sugar and salt, all of which can be a danger to health.

### Saturated fats and trans fats

Saturated fats and trans fats are dangerous because they increase our blood levels of **cholesterol**, a substance that can form fatty lumps that block blood flow and cause heart attacks and stroke. The worst foods for saturated fats include bacon, sausages, hamburgers, fatty steaks, ham and salami pizzas, high-fat cream, etc.

Trans fats are even more dangerous and harder to avoid because food companies use them so often. They can be found in potato crisps, donuts,

pastries, cookies and other processed foods as well as in margarine and oils used to make French fries, onion rings and other deep-fried foods. They're banned in New York City and certain other places, but still used elsewhere even though the WHO has said they cause over half a million deaths every year. (Source: WHO News Release, 14 May 2018)

### **Featured Reading: Trans Fats**

(with vocabulary list and quiz questions)

Trans fats make cookies, donuts, French fries and many other foods taste better and last longer, but the World Health Organization (WHO) says they cause over 500,000 deaths EVERY YEAR!! To find out more, check out our [Featured Reading!](#)

### **Sugar**

Sugar is a natural **carbohydrate** found in fruits and vegetables, but it's also added to thousands of products to make them taste sweeter. It's added to soft drinks and energy drinks, flavoured yoghurt, cereals, cookies, cakes, sweets and candy, and most other processed foods. Too much sugar can cause obesity and diabetes as well as heart disease. Just one soft drink or energy drink contains nearly half the sugar we should **consume** in one day, so anyone on a diet of Western-style processed foods is sure to consume too much. In 2014 Dr. Frank Hu, professor of nutrition at Harvard University, wrote, "The effects of added sugar intake — higher blood pressure, inflammation, weight gain, diabetes, and fatty liver disease — are all linked to an increased risk for heart attack and stroke."

### **Salt**

We all need a little salt in our diets, but consuming more than 5 or 6 grams per day can lead to high blood pressure which is a major risk factor for heart disease, stroke and kidney disease. A high-salt diet is also a probable risk factor for stomach cancer. Salt is added to so many products (often listed as sodium or sodium chloride on the packet) that it's become yet another reason to avoid processed foods.

## **Healthy diets and foods**

To learn more about food and health, nutritionists have studied diets in places where people are healthier and live longer than usual. They've found that in Japan and Mediterranean countries in southern Europe, rates of heart disease, diabetes, stroke and cancer are among the lowest in the world. Even though their traditional cuisines look and taste very different, Japanese and Mediterranean people eat many of the same foods. They eat lots of fruits, vegetables, whole grains, beans and nuts, and they cook in vegetable oils



rather than animal fats. Their traditional diets also include plenty of fish and seafood, but not many dairy foods or eggs, and little or no red meat.

## Mediterranean Diet

Mediterranean and Japanese diets are similar and both are linked to low rates of diet-related illness like heart disease. Should we use them as a guide to healthy eating? Many experts now think so.

- fresh vegetables
- fish and seafood
- grains (esp. wholewheat bread and pasta)
- beans, legumes and nuts
- fresh and dried fruits
- eggs and dairy foods in moderation
- olive oil

Many nutritionists now recommend low-fat diets like this, or the similar **pescetarian** diet that includes dairy products, fish and seafood, but no poultry or red meat like pork or beef. Some are even recommending a totally meat-free **vegetarian** or **vegan** diet, especially for people with heart disease or other diet-related illnesses. But if you become vegetarian or vegan, they say you must make sure you get all the essential amino acids from protein-rich plant foods like soybeans.

## Summary

If we eat healthy foods in a balanced diet, there's a good chance we'll live long and healthy lives. A balanced diet should provide around the same number of calories as the body uses each day. This allows us to maintain a healthy BMI by ensuring we don't lose or gain too much weight. Our diet should include a wide variety of fresh, natural foods with a good balance of nutrients plus all the essential vitamins and minerals. We should try to avoid fatty foods and processed foods that contain substances that can be dangerous like sugar and salt, and additives such as **preservatives**, colourings and artificial flavourings that might not have been tested for long enough. And we should definitely avoid Western-style fast foods that contain saturated fats and trans fats.

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**body mass index (or BMI)** (noun): a weight-to-height ratio that shows if you're overweight, underweight or at a healthy weight- *Jason's body mass index is 27, so he's a bit overweight.*

**calorie** (noun): a unit for measuring the amount of energy we get from food  
 - *How many calories are there in a can of soft drink?*

**carbohydrate** (noun): a substance in foods such as bread and potatoes that is a major source of energy or calories - *Is limiting carbohydrates a good way to lose weight?*

**cancer** (noun): a serious illness that is usually difficult to cure and often leads to death - *My cousin died of lung cancer when he was fifty.*

**cholesterol** (noun): a substance in body cells that can cause heart disease if levels in the blood are too high - *The test shows you have too much bad cholesterol in your blood.*

**consume** (verb): to eat or drink something - *How many calories should we consume every day?*

**contaminate** (verb): to make something a carrier of disease - *Food that isn't stored properly can become contaminated with dangerous bacteria.*

**diabetes** (noun): a serious illness in which your body cannot regulate the amount of sugar in the blood - *Being obese is the most common cause of type 2 diabetes.*

**diet<sup>1</sup>** (noun): all the foods a person normally eats - *My doctor said a vegetarian diet rich in plant protein is best.*

**diet<sup>2</sup>** (noun): a limited amount or range of food that someone eats to lose weight or become healthier - *I've been on lots of diets but I'm still overweight.*

**epidemic** (noun): the sudden spread of a disease or medical condition  
 - *Processed foods are causing a global obesity epidemic.*

**fast food** (noun): food served quickly, esp. Western foods like hamburgers, pizzas, fried chicken and French fries - *Fast food joints are everywhere around here.*

**fatal** (adjective): causing someone to die - *The heart attack wasn't fatal. He survived!*

**heart disease** (noun): a medical condition in which the heart fails to work properly - *Eating healthy food prevents heart disease.*

**high blood pressure (or hypertension)** (noun): a condition in which the blood pressure is higher than it should be - *High blood pressure can cause strokes, can't it?*

**junk food** (noun): unhealthy food, esp. fatty fast foods and processed snack foods - *Kids eat far too much junk food these days.*

**lobby** (verb): to contact people with power like politicians and try to influence them for your benefit - *The food industry spends millions of dollars lobbying politicians.*

**malnutrition** (noun): a condition of weakness or illness caused by eating too much food, not enough food or unhealthy food - *There are still many poor people who suffer from malnutrition.*

**market** (verb): to use advertising and other persuasive methods to make people want a product - *Shouldn't people who produce and market dangerous foods be punished?*

**nutrient** (noun): a substance in food that is necessary for good health - *A healthy diet gives us all the nutrients we need.*

**nutritious** (adjective): (of food or drinks) containing substances we need in order to be healthy - *Japanese food is both nutritious and delicious.*

**obese** (adjective): very fat; far above a healthy weight (BMI >30) - *Why are so many people in Australia obese these days?*

**obesity** (noun): the state of being very overweight, or the medical condition related to this - *If marketing junk food to kids causes obesity, why isn't it banned?*

**overeat** (verb): to eat more food than the body needs - *If I didn't overeate, I wouldn't be overweight.*

**overweight** (adjective): above a normal or healthy weight (BMI 25-30) - *How can I stop my kids from becoming overweight?*

**pescetarian** (adjective): (of a diet) including vegetarian food and fish, but no other meat - *My cousin thinks farming animals and chickens is cruel and bad for the planet, so he's pescetarian.*

**preservative** (noun): a chemical substance used for preventing food from spoiling or wood from decaying - *Many processed foods have added preservatives and artificial colourings and flavourings.*

**process** (verb): to add chemicals or other substances to food to make it last longer or look or taste better - *The processed food industry makes a huge amount of money.*

**profit** (noun): money made by selling a product or service - *Companies will do whatever's necessary to increase their profits.*

**regulate** (verb): to use official powers or laws to control an activity, process or industry - *The only way to prevent obesity is to regulate the food industry.*

**risk factor** (noun): something that increases your chances of developing a disease or being injured - *Smoking is a risk factor for lung cancer.*

**saturated fat** (noun): a type of fat that's found in butter, cheese, red meat, etc. - *Reducing the amount of saturated fat in your diet can help you live longer.*

**stroke** (noun): the sudden bursting of a blood vessel in the brain that can cause serious illness or death - *After he had a stroke, Harry couldn't walk or talk normally.*

**trans fat (or trans fatty acid)** (noun): an artificial fat that makes food last longer and taste better but is very bad for health - *Trans fats are banned in many places because they're so bad for our health.*

**vegan** (adjective): (of a diet) with plant foods only; without animal products, including meat, fish, seafood, eggs, milk, cheese, etc - *Let's try sticking to a vegan diet.*

**vegetarian** (adjective): (of a diet) with plant foods and sometimes dairy products, but without meat, fish, or seafood - *Most people I met in India were vegetarian.*



IF YOU REALLY, REALLY CANNOT GET AWAY FROM THE  
“GOOD/BAD” PHRASING, HERE ARE 30 ALTERNATIVE WAYS TO  
SAY SOMETHING SIMILAR. AT LEAST YOU ARE EXPOSING  
YOUR CHILD TO A LARGER REPERTOIRE OF ADJECTIVES

Amazing	Exquisite	Pleasant
Appealing	Extraordinary	Pleasing
Appetizing	Fantastic	Satisfying
Delectable	Finger licking	Scrumptious
Delicious	Heavenly	Superb
Delightful	Lip smacking	Tantalizing
Divine	Luscious	Tasty
Enjoyable	Marvelous	Terrific
Enticing	Mouthwatering	Wonderful
Excellent	Palatable	Yummy...

# HEALTH

Vocabulary+Sample Speaking Answers



During the IELTS Speaking exam you may be asked questions to do with health and fitness. Read the following IELTS-style questions and answers below and pay attention to the phrases in **bold**. Use the 'Definitions' section at the bottom of the page to check the meaning of any phrases you don't understand.

### Part 1-style questions

Examiner: Have you got a relation you're particularly fond of?

Sinita: Yes ... my granddad ... he's 94 years old but generally he's **as fit as a fiddle** ... we're very close and see each other a lot ... whenever he **goes down with a cold** or **is under the weather** I make a point of visiting him ...

Examiner: Do you do any sport?

Jon: Yes ... I'm keen on skateboarding ... but I haven't done it for a while ... I had a bad fall recently and **pulled a muscle** and had a few **cuts and bruises** ... but I'm **on the mend** and hope to be doing it again soon ...

Examiner: Is there anything you're particularly afraid of?

Davide: The dentist ... I hate going to the dentist ... I only ever go if I **have a toothache** so it usually means I have to **have a filling** or even **have a tooth out** ... I really don't like it ...

### Part 2-style task

Describe a time when you were ill. You should say:

- when this was
- what your symptoms were
- how long the illness lasted

and say how it affected your life at the time.

Pierre: This is a tricky one really as I'm usually quite healthy ... I've never been seriously ill ... like everyone else I sometimes get a few **aches and pains** or **catch a cold** ... I can remember a few months ago I had to have time off work with a **heavy cold** ... I had the usual symptoms ... **a blocked nose** ... **sore throat** ... it lasted quite a while ... about 2 weeks I think though I didn't have that much time off work ... for a few days I remember **feeling poorly** but I was **over the worst of it** after a few days and went back to work ... I always find it's better to be active when you feel ill as it keeps your mind off your symptoms ... I think my family get a little fed up with me when I'm ill though ... I tend to feel sorry for myself and lie on the sofa all day as if I'm **at death's door** ... but as I said earlier ... on this occasion it was nothing serious and didn't really cause me any problems ...

### Part 3-style questions

Examiner: What costs are involved when you are ill in your country?

Anya: Well ... people have to pay **prescription charges** which can be quite expensive ... but fortunately general healthcare is free ... unless you want to **go private** of course and then you can pay a fortune for your treatment ...

Examiner: In your experience are people too quick to take time off work when they're ill?

Alicia: Yes .. I've got friends who have a day off work if they wake up with a **runny nose** ... and in most cases they seem **to make a speedy recovery** after they've **phoned in sick** ...

Examiner: Do women pay more attention to their health than men?

Julie: I think so yes ... women are more likely to see their **GP** for a **check-up** if they're concerned about something ... men tend to avoid facing up to any health problems they have ... my dad always seems to have a very **chesty cough** but refuses to go to **make an appointment** to see the doctor ...

### Definitions

- **aches and pains**: minor pains that continue over a period of time
- **to be a bit off colour**: to feel a little ill
- **to be at death's door**: (informal) to be very ill indeed
- **to be on the mend**: to be recovering after an illness
- **to be over the worst**: to have got through the most serious or uncomfortable stage of an illness
- **to be under the weather**: (informal) to not feel well
- **a blocked nose**: when the nose has excess fluid due to a cold
- **to catch a cold**: to get a cold
- **a check-up**: a physical examination by a doctor
- **a chesty cough**: a cough caused by congestion around the lungs
- **cuts and bruises**: minor injuries
- **to feel poorly**: to feel ill
- **as fit as a fiddle**: to be very healthy
- **to go down with a cold**: to become ill
- **to go private**: to choose to be treated by commercial healthcare rather than by services offered by the state
- **GP**: General Practitioner (family doctor)
- **to have a filling**: to have a tooth repaired
- **to have a tooth out**: to have a tooth removed
- **a heavy cold**: a bad cold
- **to make an appointment**: to arrange a time to see the doctor
- **to make a speedy recovery**: to recover quickly from an illness
- **to phone in sick**: to call work to explain you won't be attending work due to illness
- **prescription charges**: money the patient pays for medicine authorised by a doctor
- **to pull a muscle**: to strain a muscle

- **a runny nose:** a nose that has liquid coming out of it
- **a sore throat:** inflammation that causes pain when swallowing

# Health and Healthcare: Sample questions and answers for IELTS speaking exam

## Part 1

### 1. In what ways do you try to stay healthy?

-I try to have a **balanced diet** as often as I can. I also **exercise** regularly.

### 2. Is it easy to keep fit where you live?

-To be honest, no, it is not. Fast foods are always tempting. People around me can be bad influence when it comes to **being fit** especially when choosing **healthy foods** and doing some exercises.

### 3. What part of your lifestyle would you most like to make healthier?

– Well, I would say, my **sleeping habits**. I can hardly get enough rest at night. I usually **lack sleep**.

### 4. Are you careful about what you eat?

-Not really. But, I try though. It's just that, it's difficult to choose what to eat.

### 5. How important is a healthy lifestyle for you?

-I think it is very important. It helps us to be more effective and **productive** with our everyday activities.

### 6. Do you eat much junk food??

-No. I rarely eat **junk food**. I just eat them when other people who are with me are eating them, and I only eat a small amount.



## Part 2

Describe a time when you were ill. You should say:

- 
- when this was
- what your symptoms were
- how long the illness lasted

and say how it affected your life at the time

I will talk about a terrible experience when I got ill. It happened a few months ago when I had **flu** coupled with **sore throat**. A week before it happened, I was so stressed with work. I had stayed late nights in the office to meet several deadlines. I **lack sleep** and I couldn't also eat on time.

My body started to **feel weak**; I started to **have slight fever** and **colds**. I knew it was going to be bad because I was **having headaches**, and severe muscle and **body aches**. I also started to **have dry cough** and my throat **hurts**.

It lasted for about a week. I went to see a doctor so I can get the right prescription. I was advised to **have bed rest** for a few days.

I was **not able to report for work** for a week. Luckily, I have already finished all my deadlines before it happened. But, it had still affected my life because I failed to do my daily routine. I also asked my mom to take care of me since I lived alone. When I came back to work, there's a huge pile of paper work waiting on my desk.

## Part 3

### 1. What is the role of the government in promoting healthcare

I believe that the government plays a major role in **promoting healthcare**. The government should educate the people about health and guide them about having **healthy lifestyles**. It must create more programs and activities that would **disseminate** appropriate and accurate information about health. I also believe that the government should improve the health sector to make it more accessible for the people. .

### 2. What more do you think could be done to promote healthy living in your country?

I think that the government should have more **initiatives** and **implement strict policies** when it comes to activities that affect people's health. For example, the **banning of smoking** in public places would not just benefit the smokers, but the none-smokers as well. People must also be educated about the advantages of having a **healthy lifestyle**. I also think that putting up more establishments for people to **engage in sports** or exercises must be **encouraged**.

### 3. How can individuals take more responsibility for their own health?

Lifestyle plays a major role in our health. We must care for our own health. There are a lot of things we can do to stay fit and healthy. For example, **being conscious** about our food intake and exercising regularly must be practiced. **Discipline** is very important. We must be always try to **avoid** unhealthy practices and **vices**.

**balanced diet** range of food that is arranged in good proportions.

If you eat a well **balanced** and healthy **diet**, and take a reasonable amount of exercise, the occasional junk food meal certainly won't harm you .

**Exercise** physical activity done to improve health

Obesity and lack of **exercise** tend to lead to insulin resistance..

**to be fit** to be in good physical shape

Allan hasn't **been fit** enough for full-time professional football.

**healthy foods** food that helps to stay physically strong and resilient

Choosing the right **healthy food** depends on one's perceptions.

**sleeping habits** a settled or regular tendency or practice, related to sleep, especially one that is hard to give up

I suffer from insomnia and at times it is very hard to level out my **sleeping habits**.

**to lack sleep** be deficient in sleep.

I usually **lack sleep**.

**to be productive** to be efficient, achieving useful results.

What do you need **to be productive**?

**organic food** food that is produced without using harmful chemicals.

**Organic food** is much too expensive.

**vegetarian food** food that does not contain meat.

I'm a strict vegetarian right from my birth and I don't even know the taste of non **vegetarian food**.

**processed food** food that has chemicals in it to make it last a long time

The term '**processed food**' applies to any food that has been altered from its natural state.

**junk food** food that is full of sugar or fat, and is bad for your health.

The less **junk food** you eat, the less you want..

**fast food** food such as hamburgers, which is prepared quickly and which you can take away with you to eat.

For one month, I ate nothing but **fast food**

**banning of smoking** prohibiting of smoking.

The primary reason the government has not already **banned smoking** is because of the very large tax revenue they receive for the sale of tobacco.

**disseminate information** spread information

It is not illegal to **disseminate information** on how to make a bomb.

**Initiative** an act or strategy intended to resolve a difficulty or improve a situation

There is a new **initiative** against highly processed food.

**to implement policies** to put into effect a plan or principle of action adopted by a government, organization or individual

What are the best **implemented** Australian government **policies** of the last 50 years?

**healthy lifestyle** the way in which a person or group lives that helps to stay

All you need to do to have a **healthy lifestyle** is follow 3 simple things

**engage in sports** participate or become involved in sports

If you **engage** yourself **in sports** that does not mean that your weight will decrease.

**to encourage** give support, confidence.

I do not **encourage** diets, eating less or limiting the amount of food one eats.

**discipline** controlled or self-controlled behavior

When you are **disciplined**, healthy and good at something people will come into your life

.

**to avoid vices** keep away from a bad habit.

Dieting and **avoiding vices** are useful to stay healthy.

**intense workout** vigorous session of physical exercise.

An intense workout varies from person to person. Intense workout for me would mean pushing myself beyond limits..

**to limit sugar intake** to restrict the amount of sugar taken into body

Get lots of exercise, eat a balanced diet, **limit sugar intake**, don't smoke day.

**to hit the gym** to arrive at a gym

This week I **hit the gym** twice.

.

**to get sick** become ill.

At the last minute, I **got sick** and couldn't go.

**to cough** to suddenly push air out of your throat with a short sound, often repeatedly

The man paused and **coughed** nervously before continuing.

**sore throat** a condition marked by pain in the throat – the passage from the back of your mouth to the top of the tubes that go down to your lungs and stomach

A **sore throat** is a symptom of the common cold

**runny nose** A condition of discharge of mucus (a slimy substance) from the nose, often a symptom of the common cold

Turmeric is an efficient solution for how to get rid of a **runny nose** and cold as well.

**Headache** a continuous pain in the head

Computer **headaches** are common these days. In fact, computers may be one of the main causes of chronic daily headaches in today's world.



**chills** an unpleasant feeling of coldness in the atmosphere, one's surroundings, or the body

**Chill** is the feeling of cold and shivering that comes with or without fever. Chills may also occur when exposed to a cold environment..

**health benefits** an advantage gained from something that helped to stay physically strong and resilient

Coriander is also known as the miracle herb. That is used widely across the world with a lot of **health benefits**.

**early diagnosis** the identification of the nature of an illness done before the usual or expected time [fat].

Preventative care, **early diagnosis**, and general wellness care are relatively inexpensive to provide, and they can help promote healthy behaviors both in general and specific to any health risks that a person might have.

**Treatment** medical care

Medical **treatment** will not cure the disease but will remedy the symptoms.

**lifestyle related diseases** A disease associated with the way a person or group of people lives. Lifestyle diseases include atherosclerosis, heart disease, and stroke; obesity

Diabetes is a **lifestyle related disease**.

# MEDICINE



## Medical English Vocabulary

Here is some essential vocabulary for nurses and medical professionals working in an English-speaking context. Each word is shown with its part of speech and meaning, while an example sentence shows the word in context.

word <i>part of speech</i>	meaning	example sentence
<b>abnormal</b> <i>adj</i>	not normal for the human body	This amount of weight loss is <b>abnormal</b> for women your age.
<b>ache</b> <i>noun/verb</i>	pain that won't go away	I can't sleep because my knees <b>ache</b> in the night.
<b>acute</b> <i>adj</i>	quick to become severe/bad	We knew the baby was coming right away because the woman's labour pains were <b>acute</b> .

<b>allergy</b> <i>noun</i> <b>allergic</b> <i>adj</i>	a body's abnormal reaction to certain foods or environmental substances (eg causes a rash)	Your son is extremely <b>allergic</b> to peanuts.
<b>ambulance</b> <i>noun</i>	emergency vehicle that rushes people to a hospital	We called the <b>ambulance</b> when Josh stopped breathing.
<b>amnesia</b> <i>noun</i>	a condition that causes people to lose their memory	I can't remember the accident because I had <b>amnesia</b> .
<b>amputation</b> <i>noun</i> <b>amputate</b> <i>verb</i>	permanent removal of a limb	We had to <b>amputate</b> his leg because the infection spread so quickly.
<b>anaemia</b> <i>noun</i> <b>anaemic</b> <i>adj</i>	occurs when the body doesn't have enough red blood cells	I have low energy because I am <b>anaemic</b> .
<b>antibiotics</b> <i>noun</i>	medication that kills bacteria and cures infections	My throat infection went away after I started the <b>antibiotics</b> .
<b>anti-depressant</b> <i>noun</i>	medication that helps relieve anxiety and sadness	The <b>anti-depressants</b> helped me get on with life after Lucy died.
<b>appointment</b> <i>noun</i>	a scheduled meeting with a medical professional	I've made you an <b>appointment</b> with a specialist in three week's time.

<b>arthritis</b> <i>noun</i>	a disease that causes the joints to become swollen and crippled	My grandmother can't knit anymore because the <b>arthritis</b> in her hands is so bad.
<b>asthma (attack)</b> <i>noun</i>	a condition that causes a blockage of the airway and makes it difficult for a person to breathe	I carry an inhaler when I run because I have <b>asthma</b> .
<b>bacteria</b> <i>noun</i>	a disease-causing organism	To prevent the spread of <b>bacteria</b> it is important that nurses wash their hands often.
<b>bedsore</b> <i>noun</i>	wounds that develop on a patient's body from lying in one place for too long	If you don't get up and take a walk, you will develop painful <b>bedsores</b> .
<b>benign</b> <i>adj</i>	not harmful (not cancerous)	We're hoping that the tests will show that the lump in your breast is <b>benign</b> .
<b>biopsy</b> <i>noun</i>	removal of human tissue in order to conduct certain medical tests	The <b>biopsy</b> ruled out a number of illnesses.
<b>blood count</b> <i>noun</i>	the amount of red and white blood cells a person has	You will be happy to know that your <b>blood count</b> is almost back to normal.
<b>blood donor</b> <i>noun</i>	a person who gives blood to a blood bank or other person	<b>Blood donors</b> have to answer questions about their medical history.



<b>blood pressure</b> <i>noun</i>	the rate at which blood flows through the body (high/low)	High <b>blood pressure</b> puts you at risk of having a heart attack.
<b>brace</b> <i>noun</i>	a device that holds injured body parts in place	You will probably always have to wear a <b>brace</b> on your ankle when you jog.
<b>breech</b> <i>adj</i>	position of an unborn baby in which the feet are down and the head is up	We thought it was going to be a <b>breech</b> birth, but the baby turned himself around.
<b>broken</b> <i>adj</i>	a bone that is divided in two or more pieces as a result of an injury	We thought it was just a sprain, but it turned out his leg was <b>broken</b> .
<b>bruise</b> <i>noun</i> <b>bruised</b> <i>adj</i>	injured body tissue that is visible underneath the skin	The woman was badly <b>bruised</b> when she came into the emergency room.
<b>Caesarean section, C-section</b> <i>noun</i>	procedure that involves removing a baby from its mother through an incision in the woman's lower abdomen	The baby was so large that we had to perform a <b>Caesarean section</b> .
<b>cancer</b> <i>noun</i>	disease caused by the uncontrollable growth of cells	There are many different options when it comes to treating <b>cancer</b> .
<b>cardiopulmonary resuscitation (CPR)</b> <i>noun</i>	restoring a person's breath and circulation	You saved your brother's life by performing <b>CPR</b> .

<b>cast</b> <i>noun</i>	a hard bandage that is wrapped around a broken bone to keep it in place	My leg was in a <b>cast</b> for graduation.
<b>chapel, chapeline</b> <i>noun</i>	a place where loved ones can go to pray for a patient's recovery; a priest who visits patients in the hospital	If you want a place to pray, the <b>chapel</b> is on the third floor.
<b>chemotherapy</b> <i>noun</i>	type of treatment used on cancer patients	My mother has already had three rounds of <b>chemotherapy</b> .
<b>chickenpox</b> <i>noun</i>	a virus commonly contracted by children, characterized by itchy spots all over the body	It is best to get <b>chickenpox</b> as a child so that you don't get it worse as an adult.
<b>coroner</b> <i>noun</i>	a person who determines the cause of death after a person dies	We only call the <b>coroner</b> if we think a death is suspicious.
<b>critical condition</b> <i>noun</i>	requiring immediate and constant medical attention	You can't see her right now; she's in <b>critical condition</b> .
<b>crutches</b> <i>noun</i>	objects that people with injured legs or feet use to help them walk	I'd rather hop on one foot than use <b>crutches</b> .
<b>cyst</b> <i>noun</i>	a sac in the body-tissue filled with fluid (sometimes diseased)	We're going to remove the <b>cysts</b> just to be on the safe side.

<b>deaf</b> <i>adj</i>	unable to hear	The accident left the patient both <b>deaf</b> and blind.
<b>deficiency</b> <i>noun</i>	a lack of something necessary for one's health	The tests show that you have an iron <b>deficiency</b> .
<b>dehydrated</b> <i>adj</i>	in need of water	It is easy for the elderly to become <b>dehydrated</b> in this heat.
<b>dementia</b> <i>noun</i>	loss of mental capacity	It is hard to watch a loved one suffering with <b>dementia</b> .
<b>diabetes</b> <i>noun</i>	type of disease typically involving insulin deficiency	People with <b>diabetes</b> have to constantly check their blood sugar levels.
<b>diagnosis</b> <i>noun</i>	medical explanation of an illness or condition	The doctor would prefer to share the <b>diagnosis</b> with the patient himself.
<b>discomfort</b> <i>noun</i>	experiencing pain	This pain medication should relieve some of your <b>discomfort</b> .
<b>disease</b> <i>noun</i>	a medical disorder that is harmful to a person's health	I understand that this <b>disease</b> runs in your family.
<b>dislocated</b> <i>adj</i>	when a bone is temporarily separated from its joint	You will have to wear a sling because of your <b>dislocated</b> shoulder.

<b>emergency</b> <i>noun</i>	a medical problem that needs immediate attention	It is important that children know which number to dial in case of an <b>emergency</b> .
<b>ER (emergency room)</b> <i>noun</i>	the hospital room used for treating patients with immediate and life-threatening injuries	The child was rushed into the <b>ER</b> after he had a severe allergic reaction to a bee sting.
<b>external</b> <i>adj</i>	on the outside	This cream is for <b>external</b> use only. Do not get it near your ears, eyes, or mouth.
<b>false negative</b> <i>noun</i> <i>adj</i>	a test that incorrectly comes back negative	We had two <b>false negative</b> pregnancy tests, so we didn't know we were having a baby.
<b>family history</b> <i>noun</i>	medical background of a person's family members	The doctor was concerned about my <b>family history</b> of skin cancer.
<b>fatal</b> <i>adj</i>	causing death	The doctor made a <b>fatal</b> error when he wrote the wrong prescription.
<b>fever</b> <i>noun</i> <b>feverish</b> <i>adj</i>	higher than normal body temperature	He is very <b>feverish</b> , and his temperature is near danger point.
<b>flu (influenza)</b> <i>noun</i>	many types of respiratory or intestinal infections passed on through a virus	People who have the <b>flu</b> should not visit hospital patients.

<b>fracture</b> <i>noun</i> <b>fractured</b> <i>adj</i>	broken or cracked bone	Your wrist is <b>fractured</b> and needs a cast.
<b>germ</b> <i>noun</i>	a micro-organism, especially one that causes disease	Flowers are not allowed in the ward to avoid the risk of <b>germs</b> being brought in.
<b>genetic</b> <i>adj</i>	a medical condition or physical feature that is passed on in the family	The disease is part <b>genetic</b> and part environmental.
<b>growth</b> <i>noun</i>	a ball of tissue that grows bigger than normal, either on or under the skin	That <b>growth</b> on your shoulder is starting to worry me.
<b>heart attack</b> <i>noun</i>	instance in which blood stops pumping through the heart	People who smoke are at greater risk of having a <b>heart attack</b> .
<b>HIV</b> <i>noun</i>	the virus that infects the human T-cells and leads to AIDS	<b>HIV</b> can be passed down from the mother to her fetus.
<b>hives</b> <i>noun</i>	bumps that appear on the surface of the skin during an allergic reaction	I broke out in <b>hives</b> after I ate that potato casserole.
<b>illness</b> <i>noun</i> <b>ill</b> <i>adj</i>	general term for any condition that makes a person feel sick for a certain period of time	Her <b>illness</b> went away when she started eating better.



<b>immune system</b> <i>noun</i>	the parts of the body that fight diseases, infections, and viruses	You can't have visitors because your <b>immune system</b> is low.
<b>immunization</b> <i>noun</i> <b>immunize</b> <i>verb</i>	an injection that protects against a specific disease	Babies are <b>immunized</b> three times in their first year.
<b>incision</b> <i>noun</i>	cut in the body made during surgery	I had to have stitches to close the <b>incision</b> .
<b>inconclusive</b> <i>adj</i>	unclear	We have to do more x-rays because the first ones were <b>inconclusive</b> .
<b>infant</b> <i>noun</i>	young baby	The nurse will demonstrate how to bathe an <b>infant</b> .
<b>infection</b> <i>noun</i> <b>infected</b> <i>adj</i>	diseased area of the body (viral or bacterial)	The wound should be covered when you swim to prevent it from becoming <b>infected</b> .
<b>inflamed</b> <i>adj</i>	appearance (red and swollen) of an injured body part	My right ankle was so <b>inflamed</b> it was twice the size of my left one.
<b>injury</b> <i>noun</i>	damage to the body	Her <b>injuries</b> were minor; just a few cuts and bruises.
<b>intensive care unit (ICU)</b> <i>noun</i>	section of the hospital where patients get constant attention and	She will remain in the ICU until she can breathe on her own.

	doctors rely on specialized equipment	
<b>internal</b> <i>adj</i>	under the skin, inside the organs	The doctors will be monitoring her for any <b>internal</b> bleeding.
<b>itchy</b> <i>adj</i>	feeling discomfort on the skin's surface	If you are allergic to this medication your skin will get red and <b>itchy</b> .
<b>IV</b> <i>noun</i>	a tube that pumps liquids and medication into a patient's body	The toddler was so dehydrated that the doctor decided to get him on an <b>IV</b> .
<b>lab results</b> <i>noun</i>	tests that come back from a laboratory and help doctors make a diagnosis	The <b>lab results</b> have come in and you are free to go home.
<b>lab (laboratory)</b> <i>noun</i>	place where samples of blood/urine etc. are taken for testing	I'll take these samples down to the <b>lab</b> on my way out.
<b>life support</b> <i>noun</i>	a machine that keeps patients alive by helping them breathe	The woman has severe brain damage and is currently on <b>life support</b> .
<b>life-threatening</b> <i>adj</i>	when injuries and conditions are extremely serious	The victim was shot in two places but the bullet wounds are not <b>life-threatening</b> .
<b>light-headed</b> <i>adj</i>	feeling of dizziness and being off-balance, caused by lack of oxygen in the brain	If you are feeling <b>light-headed</b> again, lie down and call me.

<b>malignant</b> <i>adj</i>	expected to grow and get much worse (especially related to cancerous cells)	I'm afraid at least one of the tumours is <b>malignant</b> .
<b>medical school (med. school)</b> <i>noun</i>	place where someone trains to be a doctor	After eight years of <b>medical school</b> I can finally practice medicine.
<b>newborn</b> <i>noun</i>	an infant that is less than three months old	You have to support her neck because she is still a <b>newborn</b> .
<b>numb</b> <i>adj</i>	no feeling in a certain body part	The needle will make your lower body feel <b>numb</b> .
<b>OR (operating room)</b> <i>noun</i>	the place where major surgeries and operations take place	You must wear a face mask and gloves while you are in the <b>OR</b> .
<b>operation</b> <i>noun</i> <b>operate on</b> <i>verb</i>	a medical procedure that involves going inside a person's body in an attempt to fix a problem	The <b>operation</b> lasted seven hours, but it was successful.
<b>pain</b> <i>noun</i>	strong discomfort in certain areas of the body	We gave your husband some medicine to relieve some of the <b>pain</b> .
<b>pain killer, pain reliever</b> <i>noun</i>	type of medicine that takes away some or all of the discomfort of an illness or injury	You can take two <b>pain killers</b> every four hours.

<b>paralyzed</b> <i>adj</i>	unable to move certain areas of the body	We thought her legs were <b>paralyzed</b> for life, but she is learning how to walk.
<b>patient</b> <i>noun</i>	a person staying in a hospital or medical facility	The <b>patients</b> in Room 4 are not getting along.
<b>pharmacist</b> <i>noun</i>	a person who fills a doctor's prescription and gives people advice about medication	Ask the <b>pharmacist</b> if there is a generic brand of this medication.
<b>pharmacy, drugstore</b> <i>noun</i>	a place where people go to buy medication and other medical supplies	You should be able to buy a bandage at the <b>pharmacy</b> .
<b>physician</b> <i>noun</i>	doctor	Ask your family <b>physician</b> to refer you to a specialist.
<b>poison</b> <i>noun</i> <b>poisonous</b> <i>adj</i>	a substance that is very dangerous if it enters the human body	The child was bitten by a <b>poisonous</b> snake.
<b>prenatal</b> <i>adj</i>	of the time period leading up to giving birth	The woman was well prepared for labour because she took the <b>prenatal</b> classes.
<b>prescription</b> <i>noun</i> <b>prescribe</b> <i>verb</i>	the correct amount and type of medication needed to cure an illness or relieve symptoms	You will need to visit your doctor to get another <b>prescription</b> .

<b>privacy</b> <i>noun</i> <b>private</b> <i>adj</i>	being alone; personal (eg test results)	You will have to pay for a <b>private</b> hospital room if you don't want a room-mate.
<b>radiation</b> <i>noun</i>	high energy X-rays that destroy cancer cells	If the <b>radiation</b> doesn't kill all of the abnormal cells, the cancer will come back.
<b>residency</b> <b>resident</b> <i>noun</i>	part of a doctor's training that takes place in the hospital; a student working under a doctor	John is a <b>resident</b> under Dr Brown.
<b>routine check-up</b> <i>noun</i>	a doctor's appointment to check a person's general health	I'd like to see you a year from now for a <b>routine check-up</b> .
<b>scrubs</b> <i>noun</i>	plain uniform (usually green, white, or blue) worn by medical professionals	I have some extra <b>scrubs</b> in my locker.
<b>scrub up</b> <i>verb</i>	carefully wash hands before and after seeing a patient	I have to <b>scrub up</b> and get ready for surgery.
<b>second opinion</b> <i>noun</i>	input from a second doctor about an illness or symptom	I went to another doctor to get a <b>second opinion</b> about these headaches.
<b>seizure</b> <i>noun</i>	sudden violent movements or unconsciousness caused by electrical signal malfunction in the brain	People who suffer from epilepsy are prone to <b>seizures</b> .



<b>shock</b> <i>noun</i>	body not getting enough blood flow	The woman was in <b>shock</b> after being pulled from the river.
<b>side effects</b> <i>noun</i>	other symptoms that might occur as a result of a certain medication or procedure	One of the <b>side effects</b> of antidepressants is a loss of appetite.
<b>sore</b> <i>adj</i>	painful	I have a <b>sore</b> throat and a runny nose.
<b>spasm</b> <i>noun</i>	the uncontrollable tightening of a muscle	Ever since I injured my leg I've been having muscle <b>spasms</b> in my upper thigh.
<b>specialist</b> <i>noun</i>	a doctor that is an expert in a certain kind of medicine	My family doctor is sending me to a <b>specialist</b> .
<b>sprain</b> <i>noun/verb</i>	an injury (less serious than a break) to a joint (ankle, wrist, knee etc)	I <b>sprained</b> my knee playing soccer.
<b>stable condition</b> <i>noun</i>	a patient is stable if their medical condition is no longer changing rapidly	You can see your husband now; he is in a <b>stable condition</b> .
<b>sting</b> <i>noun/verb</i>	sharp, temporary pain	It may <b>sting</b> when I insert the needle.
<b>stress</b> <i>noun</i> <b>stressed</b> <i>adj</i>	worry that causes muscles to tighten and blood pressure to rise	You need to take some time off work and relieve some of your <b>stress</b> .

<b>swelling</b> <i>noun</i> <b>swollen</b> <i>adj</i>	ligaments (parts that hold the joints together) growing bigger and rounder after an injury to a joint	I knew my ankle was sprained because it was so <b>swollen</b> .
<b>symptoms</b> <i>noun</i>	pain or physical changes that occur because of an illness or disease	You have all of the <b>symptoms</b> of a diabetic.
<b>temperature</b> <i>noun</i>	amount of heat measured in a body; higher than normal temperature	We brought Jesse to emergency because he was running a (high) <b>temperature</b> .
<b>tender</b> <i>adj</i>	painful when touched or used	The incision was <b>tender</b> after the surgery.
<b>test results</b> <i>noun</i>	medical information that helps doctors understand a patient's condition or body	The <b>test results</b> came back negative. You aren't pregnant.
<b>therapy</b> <i>noun</i>	treatment aimed at improving a person's mental or physical condition	I was able to go back to work a few weeks after starting the <b>therapy</b> .
<b>transplant</b> <i>noun</i>	moving of an organ from one human to another	The heart <b>transplant</b> saved your life.
<b>ultrasound</b> <i>noun</i>	a test that examines the body's internal organs and processes using sound waves (often used during pregnancies)	The <b>ultrasound</b> shows that we are expecting a baby boy.

<b>umbilical cord</b> <i>noun</i>	the lifeline from the mother to the fetus (when cut at birth this forms the belly button)	I had an emergency C-section because the <b>umbilical cord</b> was wrapped around the baby's neck.
<b>unconscious</b> <i>adj</i>	alive, but appearing to be asleep and unaware of the surroundings	I hit my head on the steering wheel and was still <b>unconscious</b> when the ambulance arrived.
<b>urine sample</b> <i>noun</i>	a small amount of the body's liquid waste that is tested for different medical reasons	The <b>urine sample</b> tells us how much alcohol is in your blood.
<b>vein</b> <i>noun</i>	the thin tubes that transport blood around the body and back to the heart	I'm just looking for the best <b>vein</b> in which to insert the needle.
<b>virus</b> <i>noun</i>	a dangerous organism that causes the spread of minor and major diseases	The <b>virus</b> is contractable through the exchange of bodily fluids.
<b>visiting hours</b> <i>noun</i>	time of day when friends and family are allowed to visit patients in hospital	I'm afraid you'll have to come back during <b>visiting hours</b> .
<b>vomit</b> <i>noun/verb</i>	discharge of a person stomach contents through the mouth	The pregnant woman can't stop <b>vomiting</b> .
<b>ward</b> <i>noun</i>	a section of a hospital or health facility where patients stay	I should warn you that we're entering the mental health <b>ward</b> .

<b>wheelchair</b> <i>noun</i>	a chair on wheels used for transporting patients from place to place	If you get in the <b>wheelchair</b> I'll take you down to see the garden.
<b>wound</b> <i>noun</i> <b>wounded</b> <i>adj</i>	injury to body ("flesh wound" means not deep)	The <b>wounded</b> soldiers are being airlifted to the hospital.
<b>x-ray</b> <i>noun/verb</i>	a photograph of a person's bones and organs	The technician took <b>x-rays</b> of my shoulder to make sure it wasn't broken.

# Human Body - Medical English



One of the first things you need to know when working as a medical professional in English is the parts of the body. You will need to learn the names of the internal (inside the skin) and external body parts. You will also need to learn the words for the functions of each of these body parts. Here are the basics to get you started.

## Head





Inside the head is the **brain**, which is responsible for thinking. The top of a person's **scalp** is covered with **hair**. Beneath the hairline at the front of the **face** is the **forehead**. Underneath the forehead are the **eyes** for seeing, the **nose** for smelling, and the **mouth** for eating. On the outside of the mouth are the **lips**, and on the inside of the mouth are the **teeth** for biting and the **tongue** for tasting. Food is swallowed down the **throat**. At the sides of the face are the **cheeks** and at the sides of the head are the **ears** for hearing. At the bottom of a person's face is the **chin**. The **jaw** is located on the inside of the cheeks and chin. The **neck** is what attaches the head to the **upper body**.

## Upper Body



At the top and front of the upper body, just below the neck is the **collar bone**. On the front side of the upper body is the **chest**, which in women includes the **breasts**. Babies suck on the **nipples** of their mother's breasts. Beneath the **ribcage** are the **stomach** and the **waist**. The **navel**, more commonly referred to as the **belly button**, is located here as well. On the inside of the upper body are the **heart** for pumping **blood** and the **lungs** for breathing. The rear side of the upper body is called the **back**, inside which the **spine** connects the upper body to the lower body.

## Upper Limbs (arms)



The **arms** are attached to the **shoulders**. Beneath this area is called the **armpit** or **underarm**. The upper arms have the **muscles** known as **triceps** and **biceps**. The joint halfway down the arm is called the **elbow**. Between the elbow and the next joint, the **wrist**, is the **forearm**. Below the wrist is the **hand** with four **fingers** and one **thumb**. Beside the thumb is the **index** finger. Beside the index finger is the **middle** finger, followed by the **ring** finger and the **little** finger. At the ends of the fingers are **fingernails**.

## Lower Body



Below the waist, on left and right, are the **hips**. Between the hips are the reproductive organs, the **penis** (male) or the **vagina**(female). At the back of the lower body are the **buttocks** for sitting on. They are also commonly referred to as the **rear end** or the **bum**(especially with children). The internal organs in the lower body include the **intestines** for digesting food, the **bladder** for holding liquid waste, as well as the **liver** and the **kidneys**. This area also contains the woman's **uterus**, which holds a baby when a woman is pregnant.

## Lower Limbs (legs)



The top of the leg is called the **thigh**, and the joint in the middle of the leg is the **knee**. The front of the lower leg is the **shin** and the back of the lower leg is the **calf**. The **ankle** connects the **foot** to the leg. Each foot has five **toes**. The smallest toe is often called the **little toe** while the large one is called the **big toe**. At the ends of the toes are **toenails**.

Used Sources:

<https://www.englishclub.com>

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