

# IELTS SPEAKING

## Domino High Score Course

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## Food

Breakfast, lunch, dinner, which is the most important meal during the whole day? Explain why.

Undoubtedly, it is breakfast. A highly nutritious breakfast can keep me vigorous for the whole day. The recent relevant investigation result shows that the risks of having gallstone for those who skip breakfast is three times higher than those who don't.

## What is the healthiest diet?

There is a saying about the diet which I think is great: “A king-size breakfast, a medium lunch and a modest dinner is the healthiest diet!” preferably, have more fruit and vegetables because they are rich in vitamins, high in nutrition yet low in calories.

Do you have fruit and vegetables?

Do you want to change your diet  
of food?

Oh no, my current diet has a wide  
variety of foods, most of which  
are high in carbohydrates, fiber,  
vitamins, and minerals, low in  
fat, and free of cholesterol. I  
love it!

Which way do you love to spare time/have dinner, with your family members or friends or alone?

With my family, for sure. I think it is great quality time and family bonding time. We can chat, sharing things happened at school or work over dinner. It is relaxing and fun.

# Health

Where do you normally get health information?

Today, people are getting more and more concerned about health. And there are so many sources from which I can get health information: internet, newspapers, magazines, lectures, nutritionists and even friends.

Which do you prefer, eat more times a day, and have little a time or eat less times a day, and have more a time?

More times a day, modest portion every time apparently sounds wiser because it is much easier to consume a larger amount of calories in a smaller amount of food.

# Traveling

Do you love traveling? What is the real meaning of traveling?

I ' m really into travelling. It enables me to broaden my horizons, enrich my knowledge and release my stress. To me, it is not important where the destination is, it is important that with whom I go travelling and what I can experience along the journey.



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