Speaking & Critical Thinking about Diets (B1 Level)

1. How to Talk about a Diet

When you talk about a diet, try to explain what it is, who follows it, and why people choose it.

1 • This diet includes ...

2 • People choose this diet because ...

3 • In my opinion, this diet is ...

2. Giving Your Opinion

Use opinion phrases to speak clearly and confidently.

1 • I think this diet is healthy because ...

2 • In my opinion, this diet is not good for teenagers.

3 • I agree / disagree because ...

3. Comparing Diets

You can compare two diets using comparative language.

1 • This diet is healthier than ...

2 • Both diets include vegetables, but ...

3 • Unlike the vegan diet, this diet allows ...

4. Advantages and Disadvantages

Talking about pros and cons helps your speaking sound advanced.

1 • One advantage is that ...

2 • A disadvantage is that ...

3 • This diet can be difficult because ...

5. Speaking Activities

1 • Talk about one diet for 1 minute.

2 • Compare vegetarian and vegan diets.

3 • Say which diet you prefer and why.

Tip: Speak clearly, give reasons, and use examples from your life.