

# IELTS Speaking Topics

**Topic: Cooking**



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# Instructions for Taking the Test

Read the rules and regulations carefully before taking the test:

1. Set aside 11-14 minutes in a quiet room with no interruptions.
2. Use a recording device or ask a partner/tutor to act as the examiner.
3. Follow the test structure exactly:
  - **Part 1:** Introduction & general questions (4–5 minutes)
  - **Part 2:** Long turn – 1-minute prep, 1–2 minutes speaking
  - **Part 3:** Discussion – deeper questions related to Part 2 (4–5 minutes)
4. Time yourself strictly. Do not exceed the speaking limits.
5. Review your recording after the test to assess yourself.
6. Practice with multiple topics to improve fluency and confidence.

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# Speaking Topic 1 - Cooking

## Part 1 - Interview Section

### 1. What are some of the things that you can cook?

I am not a great cook and can only prepare simple dishes, such as fried eggs and boiled vegetables. Unfortunately, I cannot even prepare these dishes well. Typically, they were either undercooked or overcooked. However, with the responsibilities, I learned to cook.

### 2. Do you like cooking?

Moderately. Since I live alone in a country location, I have no choice but to cook for myself. I wouldn't say I adore it, but it's beginning to grow on me. I feel successful when my own mixtures are successful! Furthermore, in order to survive on your own, you must learn to cook with tremendous joy and enthusiasm, as it will aid you in the future.

### 3. How often do you cook?

I prepare daily meals for myself and my roommate. Since I am really busy with school and work, my roommate and I prepare dinner together.

### 4. Do you think it's imperative for everyone to know how to cook well?

Yes, knowing how to cook is quite important. I feel that individuals who can cook well may easily survive in remote locations and without parental care. Typically, it signifies that they can provide for themselves and others.

### 5. Who taught you to cook?

My mother is an excellent cook, but due to her hectic work, she was only able to teach me a few dishes. Consequently, I learnt by myself by watching YouTube channels and recipes.

### 6. Who is the best cook you know?

My friend's name is Kirtan. His hands are magical! Everything he prepared was bursting with flavour and never lacked anything. And he learned all those dishes by himself within a month.



## 7. What dishes are you best at cooking?

There are numerous dishes that I can prepare well, like instant noodles, ramen, spaghetti, and tacos. However, ramen is the meal I am most skilled at preparing, as I have cooked it so many times that I am familiar with the skills required to prepare ramen of restaurant grade.

### Part 2 - Cue Card

#### Describe someone you know who is a good cook.

##### You should say:

- Who this person is?
- How do you know him or her?
- What kinds of foods does she/he cooks?
- Explain why this person is good at cooking.

##### Introduction

I am not particularly skilled in cooking and merely know the basics. However, I am a foodie, and eating serves as a big requirement and mood stabiliser for me.

##### Who this person is?

I'm going to talk about my friend who is an amazing chef. His name is Kirtan.

##### How do you know him or her?

He is an old friend of mine. 15 years have passed since we became friends. I have never enjoyed meals as much as I like the meals he prepares. Everyone in his family and social circle enjoys his meals, as he is a great cook.

##### What kinds of foods does she/he cooks?

He enjoys cooking for his family, and he frequently prepares bread, rice, meats, fish, burgers, desserts, and curries, among other dishes. He prepares sweets, cakes, snacks, and local and international cuisines for celebrations. He is also well-versed in the preparation of Chinese, Thai, Italian, and Mexican cuisines, in addition to Indian cuisine. As he has never travelled to these places nor had expertise in preparing a specific cuisine, it is always intriguing to consider how he has learnt to create these elaborate meals.





**Explain why this person is good at cooking.**

In any case, I believe that Kirtan is an excellent cook since he is not afraid to experiment with diverse combinations of food ingredients. His strategy of presenting different types of cuisine and menus on different days to surprise his guests demonstrates that he is an excellent chef.

**Conclusion**

Finally, his passion for cooking and love for delicious food distinguishes him as an exceptional cook.

## Part 3 - Follow-up Questions

**1. Describe what you think is a healthy diet.**

It's not as tough or restricted to create a healthy diet as many people think. A healthy diet is one that contains enough nutrients to support life, in my opinion. Therefore, it is essential to eat a range of meals to ensure that you get all the nutrients, including those that have the ability to fight disease.

**2. Is it essential to you to eat healthy food?**

Of course, yes! Your body cannot function efficiently if you consume foods of poor quality. Healthy food protects you from numerous chronic diseases. A healthy diet requires eating a variety of foods and consuming less salt, carbohydrates, and saturated fats.

**3. Is the food that people eat today in your country different from the food that people used to eat in the past? (If yes, in what ways has it changed?)**

I believe that the majority of people's eating behaviours have changed in recent years. People are quite cautious when choosing ingredients from reliable marketplaces and when cooking. In comparison to the past, when food selection was mostly based on personal preferences, these veggies and fat-free or low-fat foods are now more frequently preferred in daily meals.



**4. How do you think the way we eat will change in the future?**

Yes, I do. Young and old have a heightened understanding of the importance of good eating, which has resulted in a greater focus on nutritious meals. Therefore, it will be a significant advance in the future of food consumption.

**5. More and more people are becoming overweight nowadays. What do you think might be the causes of this?**


A key consequence of consuming fast food every day is an increase in caloric intake. The majority of calories in fast food come from processed sugar and fats. It is also heavy in other addictive substances, which can lead to excessive consumption. Consuming more calories than the body requires results in obesity, which can cause a variety of health issues, including hypertension, diabetes, cardiovascular disease, and even cancer.




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