

HEALTHY BODY, HEALTHY MIND

Student A

- 1 Look at the photos. Number them from 1 (= healthy) to 5 (= unhealthy). In pairs, give reasons for your opinions. Use words in the box.

calories carbohydrates dairy products
fat fibre protein nutrition vitamins



- A I think that biscuits aren't very healthy. They are high in sugar and carbohydrates.
B I agree. But I think breakfast cereal has more calories.

- 2 Ask your partner the questions and write their answers.

Healthy lifestyle survey		
water	Do you drink enough? _____	How much? _____
biscuits and crisps	Do you eat too many? _____	How many? _____
exercise	Do you do enough? _____	How much? _____
stress	When? _____	What? _____

- 3 Look at your partner's answers in Exercise 2. Give your partner advice about their lifestyle. Use the phrases in the box below and *should*, *shouldn't* or *ought to*.

Giving advice

Make sure you ... You could just ...
How about ... (+ -ing)? ... works for me.
Something else I find useful ...

- A I think you should drink more water. Make sure you drink at least three glasses a day.
B You're right. I don't usually drink water. I prefer orange juice or cola.

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Student B

- 1 Look at the photos. Number them from 1 (= healthy) to 5 (= unhealthy). In pairs, give reasons for your opinions. Use words in the box.

calories carbohydrates dairy products
fat fibre protein nutrition vitamins



- B I think that biscuits aren't very healthy. They are high in sugar and carbohydrates.
A I agree. But I think breakfast cereal has more calories.

- 2 Ask your partner the questions and write their answers.

Healthy lifestyle survey		
sleep	Do you get enough? _____	How many hours? _____
soft drinks	Do you drink too many? _____	How many? _____
vitamins	Do you eat enough fruit and vegetables? _____	How many servings? _____
staying healthy	How? _____	What? _____

- 3 Look at your partner's answers in Exercise 2. Give your partner advice about their lifestyle. Use the phrases in the box below and *should*, *shouldn't* or *ought to*.

Giving advice

Make sure you ... You could just ...
How about ... (+ -ing)? ... works for me.
Something else I find useful ...

- B I think you ought to get more sleep. Make sure you sleep at least eight hours a night.
A You're right. I usually go to bed too late.

