

Healthy lifestyles

Task: Create a dialogue with your partner using the information below.

Directions: Read the questions . Choose some key vocabulary from the list below or choose your own vocabulary. Make notes. Have the conversation. Then, write the new words that you have learned.



Questions:

- ✓ Do you think you have a healthy life style?
- ✓ Do you pay much attention to what you eat?
- ✓ Do you think it is more important for you to eat healthy or tasty food?
- ✓ Do you try to eat your breakfast, lunch and dinner at a certain time every day?

Vocabulary:

<ol style="list-style-type: none">1. Calorie2. Healthy3. Obese4. Diabetes5. Cholesterol6. Blood pressure7. Exercise8. Heart disease9. Physical10. Stress11. Joint12. Stroke13. Smoke14. Aerobics	<p>Foods:</p> <ol style="list-style-type: none">1. Low fat food2. Junk food3. Fatty foods4. Processed food5. Fresh fruits and vegetables
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Notes:

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New Vocabulary:
