

1) Here are some pictures suggesting ways to keep healthy. Talk with your friend about how important you find each of these aspects, and then agree with each other on three that you would both recommend to another friend. Try to use the phrases/words in the speech bubbles and in the box to discuss the topic.

Picture 1



Picture 2



Picture 4



Picture 3



Picture 5



Let's take it in turns to decide ...
I think ...
In my opinion...
What would you suggest then?
Don't you think...
It seems to me that ...
Well, I suppose ... is the most Important...
Do you agree?

Yes, I agree.
Yes, but I think...
Well, I'm afraid I don't agree with you...
What about...?
Ok, but you can't deny that ...
So what shall we ...?
The thing is, sometimes...
It depends on...
That's true.
You're right...
Personally I believe ...
I don't think so.
Yes let's do that

2) Look at the pictures on the previous page and write the the following jumbled phrases /words under the pictures they refer to:

Keep fit / relieve tension / seek for medical advice / yoga / well-trained / take up a creative hobby / greens / spend time with your family / enjoy life / stay lean / avoid junk food / treadmill / have fun / check your blood pressure / reduce fatty foods / feeling happy / spend time in the open air / drink a lot of water / not overeat / relax / cope with stress / get rid of tension / strengthen your muscles / stretch / illness / heart condition / stamina / vitamins

Picture 1

Picture 2

Picture 3

Picture 4

Picture 5

Other useful expressions (your notes):

[illegible]