

Instructions: Read each statement carefully and write **True (T)** or **False (F)**.

1. Ben's discussion focuses only on physical condition without mentioning emotional aspects.
2. He organizes his ideas into structured sections.
3. Rest and nutrition are presented as part of a healthy lifestyle.
4. Emotional well-being is described as unimportant.
5. Ben plans to include examples of daily routines.
6. Unhealthy choices are presented as beneficial habits.
7. Prevention is linked to avoiding risky behaviors.
8. Ben avoids discussing negative habits in his presentation.
9. Poor routines can lead to long-term health problems.
10. Ben plans to involve the audience by asking about their routines.
11. He is unsure about how to respond to audience ideas.
12. Clair believes Ben's ideas are clear and well organized.