

1 What can we do to look good?

I think to look good you need to be rested, so we should have a lot of sleep / It is very important to wear clean, tidy clothes / It is necessary to wear clothes which are suitable for our figure.

2 How do you deal with stress?

I try to do sport to relieve my stress / I call my best friend and we talk for ages / I read a good book or watch an interesting film / I go to the gym and exercise / I hang out with my friends / I take part in yoga classes / I go running in the park / I take a relaxing bath. / I prepare myself some hot chocolate.

3 In what situations do you feel embarrassed?

I feel embarrassed when I say something silly or improper / when somebody pays me a compliment / when I do not know how to answer my teacher's question / when I accidentally trip on the pavement.

4 What makes you angry?

I think arguments or squabbles make me angry because they are unnecessary.

Bad weather makes me angry, especially during the weekend, because I can't ride my bike.

Politics and politicians make me angry because they promise many things but never fulfil their promises.

I am angry when my brother / sister takes my things without asking.

I am really cross when people are dishonest and lie to me.

5 Why are more and more teenagers becoming obese?

I think more and more teenagers are becoming obese because they have inactive lifestyles / they do not move or do sports at all / they have sedentary lifestyles / they spend too much time in front of computer screens / they eat a lot of junk food / they do not participate in PE lessons / they drink a lot of fizzy drinks, which contain a lot of carbohydrates.

6 What are the pros and cons of plastic surgery?

Plastic surgery can make people look better / can enhance our appearance / is useful when we have some defects or scars on our body / can have a positive effect on our physical and mental state / does wonders for people who have had serious accidents, or for so-called burn victims.

Plastic surgery is very expensive / can be addictive / can make us look worse than before / can be dangerous or even fatal.



7 What features of character do you value in people?

I value people who are honest, who never lie to others and always tell the truth.

I value people who are optimistic, who never complain and always look on the bright side of life.

Loyalty and trustworthiness are the most valuable features of character. A loyal person will always be ready to help us and a trustworthy person will never betray us.

8 What aspect of your character would you like to change and why?

I would like to be more sociable and open so that I can have more friends and lead a more interesting social life.

I would like to be more systematic. I prepare everything at the last moment and I get very stressed. If I were more systematic, I would avoid unnecessary nerves. / I would not be so tense if I did everything according to a plan.

I would like to be more courageous and adventurous. If I were more courageous, my life would be more interesting / I would meet more people / I would achieve much more in life / new things would not scare me.

9 Are you fashion-conscious? Why? Why not?

Yes, I am fashion-conscious. I am interested in fashion and would like to be a fashion designer one day / I am a woman and I simply love buying trendy clothes.

No I am not fashion-conscious. Being fashionable requires a lot of money / I think fashion is for people without their own style / I want my clothes to be practical and comfortable, not necessarily fashionable.

10 What types of clothes do you like / do you prefer?

I prefer comfortable / elegant / sports clothes. That is why I often wear jeans and t-shirt / dresses, blouses, jackets and high-heels / a tracksuit and sports shoes.

