

1 Can the food you eat be bad for you? Why? Why not?

Of course food can be bad for us. Nowadays food is artificial / is processed / contains a lot of preservatives that is why it is unhealthy for us.

No, the food we eat can't be bad for us if we eat responsibly / pay attention to what we eat / buy good quality products.

2 Where can you find information about healthy food?

There are many places where we can find information about healthy food. First of all, there is the Internet where there are lots of useful websites and blogs. / Television is a great source of information about healthy food. / There are special health food shops which employ people who can advise us on healthy eating.

3 Is chocolate good for people? Why? Why not?

I think that chocolate is good for people. It is rich in potassium, zinc and selenium / It gives us energy / It is good for the heart, circulation and brain / It makes us feel happy.

I am not sure if chocolate is good. It is full of fats and carbohydrates / It has a negative impact on our teeth / It is very addictive.

4 Do you ever eat meals at school? Why? Why not?

Yes, I always eat a sandwich / vegetable salad / some yoghurt at school. I do it because I need energy to concentrate during lessons / I would be too hungry and unable to concentrate without a meal at school / I spend many hours at school so I need some food.

No, I never eat any meals at school. I am too busy during the school breaks to eat / I do not have time in the morning to prepare something to eat at school.

5 How many meals should we eat every day? Why?

I think that we should eat 3 meals a day: breakfast / lunch / dinner / supper because we need a dose of energy every 3-4 hours.

I suppose we should eat 5 small meals a day. It is very important to provide our body with energy at regular intervals.

6 Do you think young people should learn to cook? Why? Why not?

I think young people should learn to cook because it is a useful skill / in the future they will have to cook for their families / cooking is very relaxing / it can become a great job in the future.

I don't think young people should learn to cook because there are more interesting things to learn, for example languages / because cooking is boring and complicated.



7 What do you usually have for lunch?

I usually have a cheese sandwich / a vegetable salad / some yoghurt / some fruit for lunch.

I have lunch in the school canteen and every day the meals are different.

8 Why do people love fast food?

People love fast food because it is tasty / it is cheap / it is available in many places / they are too busy to cook for themselves.

9 What kind of food is good for people? Why?

I think that fruit and vegetables / dairy products / natural products are good for people. This is because they contain lots of vitamins / help you to have strong bones and teeth / don't contain dangerous chemical substances.

10 Have you ever been on a diet? Why? Why not?

I have been on a diet . once / twice / several times. I wanted to lose some extra weight / I had some health problems / It was a high-calorie diet because I needed energy to practice sport.

I have never been on a diet. Diets are not for me / Diets require too much self-discipline which I don't have / Diets and dieting are dangerous / Diets are not healthy.

