

1 Do you take antibiotics every time you are ill? Why? Why not?

No, I think that antibiotics should be taken only when we are seriously ill / our organism can't deal with a disease / we need to get better faster.

Yes, I think antibiotics are good and effective / antibiotics help me to recover quickly.

2 Would you like to be a doctor? Why? Why not?

Yes, I would like to be a doctor because it is a respected profession / doctors earn a lot of money / it is an incredible feeling when we can help someone or save someone's life.

No, I would not like to be a doctor because it is a very stressful job / I am scared of blood / I would not like to work shifts / this profession is very demanding psychologically / I would not be able to bear people's suffering.

3 Do you know any places where you can buy healthy food? Tell me about one.

In every shopping mall there is always a shop with organic or healthy food. / In every supermarket there is an aisle with a wide selection of healthy food. / In every city there are some small shops where you can buy healthy food. / I often buy organic fruit and vegetables, and natural products like honey, preserves and jam in my local health food shop. / My mum often buys high quality meat or fish in a local shop selling healthy food.

4 Do you like preparing your own meals? Why? Why not?

Yes, I like preparing my own meals because I like experimenting / I am very creative when I cook / Cooking helps me to relax / I would like to be a chef one day.

No, I don't like preparing my own meals because I am too busy / I don't like cooking / it takes a lot of time and effort.

5 Is the way you look important to you? Why? Why not?

Yes, my appearance is very important to me. I feel better when my hair looks nice and my skin is clear / It is a wonderful feeling when people compliment me on my looks / I pay attention to make-up, clothes and accessories / I always try to look fresh and rested.

No, my appearance is not very important to me. I do not spend hours applying make-up or doing my hair / I do not spend a lot of money on clothes, accessories and cosmetics / I think internal beauty is more important.

6 Why do so many people decide to go on a diet?

People decide to go on a diet when they are overweight / when they want to lose some weight / when they have health problems / when they are sportspeople / because diets and dieting are trendy.



7 Is being a vegetarian good for people? Why? Why not?

I think being a vegetarian can be good for people. Vegetarian meals are tasty, nutritious and healthy. / A vegetarian diet is varied and the meals are low in calories.

I don't think that being a vegetarian is good for people. Our organism needs meat to function well / Meat gives us proteins and energy / It is not healthy to exclude an important ingredient from our diet.

8 Does having a pet help you stay healthy? Why? Why not?

I think that having a dog can help you to stay healthy because you must walk your dog a few times a day / you can ride your bike while the dog runs next to you / you can take your dog for different trips to the mountains or forest.

If you have a cat, a guinea pig or a hamster they will not help you to stay fit, as they don't need walking.

9 What do you do to stay fit?

In order to stay fit I go jogging every day / follow a low-calorie diet / go to the gym twice a week / don't eat fast food / practice yoga and swimming.

10 Why are there so many people with weight problems nowadays?

People have weight problems because they eat a lot of fast food / they lead sedentary lifestyles / they spend too much time in front of computers / they consume a lot of carbohydrates and fats / they drink a lot of fizzy drinks.

