

HEALTH

1. What sports do you do to keep yourself healthy/fit?
What sports are the best to keep you healthy/fit?
2. What do you usually eat/drink?
Do you always eat/drink healthy food/drink?
3. Do you eat/have lots of fruit/vegetable?
What are your favourites?
4. How often do you eat/have fast food/junk food (like gyros or hamburger)?
5. What's your favourite food/drink?
6. How many hours do you sleep on weekdays/at weekends?
7. Do you do any exercises (besides PE)? What kind of exercises do you?
8. Do you have any allergies?
9. Do you take any vitamins?
10. What food/drink are healthy/unhealthy?
11. When was the last time you were ill/sick? Did you go to the doctor? What was your illness? What did you do to get better?
12. Have you ever been to hospital for long time?
13. What do you know about HIV/AIDS?

I think health is really important. Living a healthy lifestyle means eating a balanced diet and doing exercises.

1. To keep myself healthy I often do sports besides PE lessons.

I go to football training/swimming.

I often go running or I ride my bike in the afternoon.

I play handball/basketball/volleyball...

I do boxing/karate.

I don't think I live a healthy lifestyle I don't do any exercises besides PE lessons.

In my opinion/ I think the best exercises to keep you fit are push-ups, sit-ups, riding a bike, swimming and running.

- 2-5. I try to eat healthy food as many times as I can. I often eat vegetables for breakfast/dinner. I sometimes eat fruit. My favourite vegetables are

I enjoy eating fruit, my favourites are

My favourite food(s) is/are _____, _____ and _____. I like drinking _____. I sometimes/often/rarely eat fast/junk food like pizza, hamburger or gyros. I don't really/sometimes drink fizzy drinks such as cola or fanta.

10. Healthy food/drinks are:

Unhealthy food/drinks are:

I drink about a litre of water (regularly) almost every day. If I don't drink enough I sometimes have a headache.

On weekdays I eat lunch at school. The food is okay most of the time. / I don't eat lunch at school I have lunch at home because my mum makes lunch almost every day.

6. Sleeping is another important factor if you would like to live a healthy lifestyle. I usually sleep ___ hours on weekdays and at the weekend I sleep about ___ hours. I'm often tired (exhausted) because I think I don't sleep enough.

7. I don't really do any exercises besides PE lessons.

I do sit-ups, push-ups, go running, ride my bike (if the weather is nice), do judo/box, go swimming, play football/handball...

8. I don't have any allergies.

I'm allergic to dust (por), cats, pollen, milk, egg, bee stings (méh csípés).

9. I take vitamins like vitamin C (almost) every day. / I don't take any vitamins only take them when I'm ill.

11. I was ill last winter / a month ago.

I went to the doctor because it was serious. I caught a cold/ had a sore throat/ couldn't sleep. (S)He gave me some antibiotics/medicine/pills to take. I stayed home for _____. I stayed in bed, slept a lot and drank hot tea.

I didn't go to see my doctor, because it wasn't that serious. I didn't stay at home.

12. I was in hospital when I was _____ years old because _____. I had to stay there for _____ weeks/months.

Fortunately I never had to stay in a hospital for long.

13. AIDS is a very serious/dangerous illness because it attacks/damages your immune system and your body can't fight against the (common) viruses like the flu. You can get it by sexual intercourse but you can't get it by shaking hands or kissing.