

8

SPEAKING CARDS

How often do you eat fruit and vegetables?

Do you drink lots of water every day?

Do you drink cola or sweet drinks every day?

How often do you do exercise?

Do you do sports?

What sports do you do?

Do you do yoga or other exercise?

How often do you eat sweets?

How often do you walk to school?

Do you walk at least 5 km every day?

How often do you eat junk food?

How often do you watch TV?

How many hours do you sleep a day?

Do you feel happy?

Do you have friends?

Do you have a hobby?

What are your hobbies?

Do you have breakfast every day?

What time do you have breakfast?

What do you usually have for breakfast?

What time do you have dinner?

How many hours do you play on your mobile a day?

How many hours do you play PC games (xbox games or others) a day?

How often do you do sports?

Do you brush your teeth in the morning and in the evening?

Do you wear a helmet when you go cycling or skiing?

What food do you like?

What food do you hate?

What sports do you like?

What sports don't you like?

What do you like in your school?

Is there anything that you hate in your school?

What do you love in your life?

Do you sometimes have headaches?

Do you sometimes have stomach aches?

Do you sometimes have toothaches?

Do you smile every day?

Do you use zebra crossings?

8

WHAT'S WRONG?

LET ME HELP YOU ...

PROBLEMS

I've got a headache.

I've got a toothache.

I'm sick.

I've got
a stomach ache.

I'm often sick.

I'm cold.

I'm hungry.

I'm tired.

I'm sad.

I'm angry.

I'm not happy.

I'm chubby or fat.

HELP

Go to bed.

Go to sleep.

Take some medicine.

Go to the doctor's.

Don't listen to music.

Don't eat sweets.

Don't eat.

Drink lots of water.

Drink black tea.

Drink a glass of cola.

Don't drink
sweet drinks.

Don't watch TV.

Don't use your mobile.

Go to see your friends.

Say it to your mum
or dad.

Watch TV.

Play a game.

Do some sports.

Do some exercise.

Go for a walk
in a forest.

Sleep 8 hours a day.

Eat more fruit
and vegetables.

Eat cakes and sweets.

Relax.

Blank box for writing.

Blank box for writing.

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8 MY CHALLENGES!

3 DAYS

WITHOUT MY MOBILE

Day 1:

Comments:

Day 2:

Comments:

Day 3:

Comments:

1 WEEK

WITHOUT SWEETS, CANDY, CAKES, MUFFINS, BISCUITS, COLA, SWEET DRINKS ...

Day 1:

Comments:

Day 2:

Comments:

Day 3:

Comments:

Day 4:

Comments:

Day 5:

Comments:

Day 6:

Comments:

Day 7:

Comments:

8

WRITING

healthy • junk food • sweets • chocolate • cookies • muffins • cakes • col/

• swimming • running • skiing • jumping • skipping • sleeping •

• watching TV • playing mobile / PC / computer / xbox / playstation games

HEALTHY THINGS IN MY LIFE

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UNHEALTHY THINGS IN MY LIFE

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football • baseball • cricket • basketball • yoga • exercise • walking • swimming • running • skiing • jumping

• sweet drinks • crisps • chips • burgers • hot dogs • fruit • apples • bananas • oranges • strawberries

6 • vegetables • tomatoes • peppers • salad • fish • water • yoghurt • cereal • fo