

TOPIC: Healthy habits

TASK 1_Monologue: Talk about how you keep healthy (physically and mentally), what health problems worry you most and the health risks and problems associated with your lifestyle and environment.



Task 1_pre-task:

- Use the present simple for describing routines: *I go to the gym three times a week.*
- Use adverbs of frequency and emphatic expressions: rarely, often, once/twice a week/ hardly ever/ on a regular basis/ what worries me is.....
- Use vocabulary about health and lifestyle:

sedentary
longevity
exercise
diseases/illnesses
mental/physical health
stressful
play sports
check-up
infectious
allergy
obesity
depression
daily life

to be on a diet
to take up a sport
to join a team/laughter club
to get better
to lose/put on weight
to keep fit/to lead a healthy life
to feel/look good
to reduce stress
to eat well
to go to the doctor's
to be painful
to suffer from an illness
to try alternative therapies
to take vitamins/supplements
to get tired/stressed

- Organise the information: *First, secondly, as for....,regarding...., finally*
- Organise your ideas:

To talk about your routines:
I hardly
ever/always/seldom...

I.....twice a week/once a
month/ on a regular basis

To express you are
concerned:
I'm aware of
I find.....worrying
I'm concerned about...

To link ideas:
Also, too, as well.
However, but...
On the one hand...
On the other hand...
Although...
First, secondly...
On balance, on the whole
Generally speaking