

Speaking Activity: Nutrition and Sports

1. Pair Activity: Interview your partner

Discuss the following questions with your partner. Take notes on their answers.

1. How often do you exercise per week and what kind of sports do you do?
2. Do you think your diet is healthy? Why or why not?
3. What is your 'guilty pleasure' food, and how often do you eat it?
4. Is breakfast the most important meal of the day for you?
5. Do you prefer team sports or individual sports? Explain.
6. How do you feel if you don't move or exercise for a few days?
7. What are three things someone should eat before a big competition?

2. Individual Long Turn (Monologue)

Topic: The Impact of Modern Lifestyle on Health

Talk for about 3-4 minutes. Address the following points:

- Compare healthy vs. unhealthy eating habits in teenagers.
- Explain the benefits of regular physical activity for mental health.
- Discuss the role of fast food and social media in today's society.
- Give advice on how to balance school and a healthy lifestyle.