

FORMULA 16: Do people do/ get enough X?

Do people today do enough physical exercise?

Do children do enough sports in school?

Do people in your country do enough creative activities in school?

1. Say whether you believe people get or do enough X.
2. Say which types of people get or do not get enough X.
3. Say why they should get or do more X.

Do people do enough physical exercise where you come from?

Well, in my opinion people don't get enough exercise. The majority of people especially middle class people nowadays, are real couch potatoes. All they do is sit in front of the television all night, and the only exercise they get is going to get more food from the refrigerator. If children are to grow up to be healthy adults, they should learn how to take care of themselves, and they should cultivate an interest in sports like basketball, football or volleyball.

Do students get enough holidays in your country?

I believe that they get too many holidays. Most students have a long summer vacation, a fairly long Spring Festival break, national holidays and all sorts of other day offs throughout the year. Because of this a vast amount of students forget a lot of what they've learned during the longer holidays, and take a long time to get back into the frame of mind to study well. It would be good if the holidays were a bit shorter.