**HEALTH TOPIC**

**TASK 1**

1. Do you have any specific diet?
2. How often do you go for medical check-ups?
3. How often do you exercise or play a sport?
4. Have you ever tried to lose/ gain weight?
5. Do you think you need to put on weight/ lose weight?
6. How many portions of fruit and vegetables do you eat every day?
7. Do you ever read articles which are about sport and health?