

## HealthyLifeConversation



### Student A

- ① Are you a healthy person? Why or why not?
- ② How many hours should a person sleep to be healthy? Do you sleep this much?
- ③ What are two healthy habits you have?
- ④ Can snacks be healthy? Why or why not?
- ⑤ What is the most delicious healthy food?
- ⑥ Do you get a health check every year? When was your last one?
- ⑦ How often do you visit the dentist? Do you have any cavities?
- ⑧ Are you often stressed-out? How do you handle stress?
- ⑨ How can technology be used to make us healthier?
- ⑩ What does this quote mean: "It is health that is real wealth and not pieces of gold and silver". - *Mahatma Gandhi*
- ⑪ Write & ask your own question about health:

#### Conversation Tips

Other ways to say **I think...**

- In my opinion...
- I believe...
- I would say...
- As far as I'm concerned...

Other ways to say **I agree...**

- That's right.
- Totally.
- No doubt about it.
- I feel that way too.
- Absolutely

Other ways to say **I disagree...**

- I don't think so.
- No way!
- I totally disagree.
- I beg to differ.
- Not sure I agree with you.

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### Student B

- ① What does **lifestyle** mean?
- ② How many vegetables should a person eat every day? Do you follow this rule?
- ③ What are two unhealthy habits you have? Can you quit these habits?
- ④ Can fast-food be healthy? Why or why not?
- ⑤ What is your favorite unhealthy food?
- ⑥ Have you ever had a serious health situation? What did you do?
- ⑦ How many hours a week do you exercise?
- ⑧ Did you have health class at school? Give a summary of what you learned.
- ⑨ Do you use any health-tracking apps or devices? Would you like to use one?
- ⑩ What does this quote mean: "Let food be thy medicine and medicine be thy food."  
— Hippocrates
- ⑪ Write & ask your own question about health:

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Other ways to say **I agree...**

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