

**Ex. 1 There are some pictures suggesting ways to keep healthy. Discuss how important you find each of these aspects, and then choose three which you will recommend to your friend.**

## **PICTURES**

**Ex. 2 Answer the questions**

- How often do you walk more than a kilometre? (every day, once a week, once or twice a week, very rarely, never)

- When was the last time you took any form of physical exercise? (yesterday, last week, last month, a long time ago, I can't remember )

- Tick any of the following activities that you do regularly:

- Cycling
- Watching TV
- Playing team games (football, basketball)
- Watching team games
- Playing computer games
- Surfing the net
- Walking in the countryside
- Listening to music in your room
- Playing outside / in the garden / in the street
- Going to a gym
- Messaging your friends

- Can you calculate the number of hours you spend on the activities per day or per week? (e.g. I spend 2 hours a day cycling to school and one hour a day watching TV).

- Which of the activities in the questionnaire might be good for your heart?
- Which activities can be called sedentary?
- Give other examples of sedentary activities.

**Ex. 3 Ask students to think about their grandparents and their lifestyle when they were younger. Ask them to discuss the following sentences:**

- Compare your grandparents' eating habits with your own.
- Compare your grandparents' free time activities with your own.
- Compare your grandparents' social relationships with your own.

**Ex. 3 Show the film and ask students to notice any differences in the lifestyles shown in the ad. You can stop the video and ask your students to comment the video.**

[https://www.youtube.com/watch?time\\_continue=60&v=qvsTjZko2gw](https://www.youtube.com/watch?time_continue=60&v=qvsTjZko2gw)

- Did your grandparents move more, eat better and take it more easily than you?
- Do you think the advert raises awareness of the benefits of a balanced diet and active, healthy lifestyle?