

What is your favourite way to relax? Tell me something about it.

What do you do to keep fit/healthy?

What do you usually do when you are ill?

Do you think that Czech cuisine is healthy? Why?/Why not?

Is it more important for you to eat healthy or tasty food? Why? Tell me about it.

How can you and your family keep fit during the whole year? Tell me about it

Who is the healthiest person in your family? Why?

When was the last time you went to the doctor's? Tell me about it.

When did you last eat something unhealthy? Tell me something about it.

When were you last ill? Tell me about it.

Should everybody do some sport regularly? Why?/Why not?

What should people do against stress? Tell me something about it.

Would you like to be a doctor/nurse? Why?/Why not?

What would you recommend to someone who has flu?

What would you do if you wanted to lose weight/cure flu?

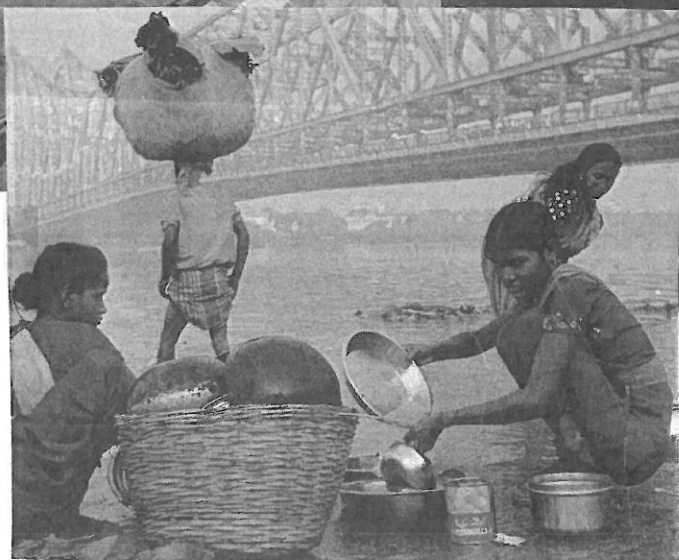
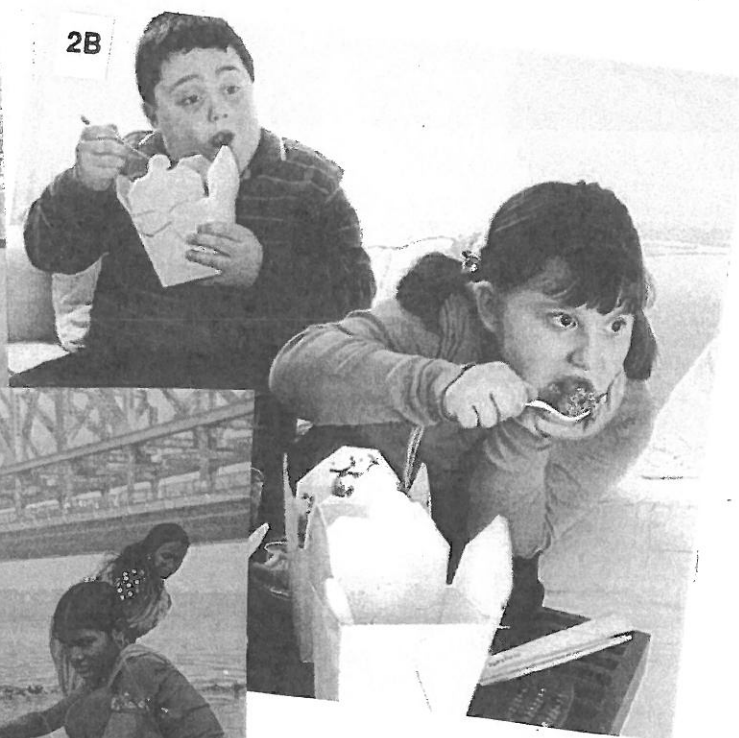
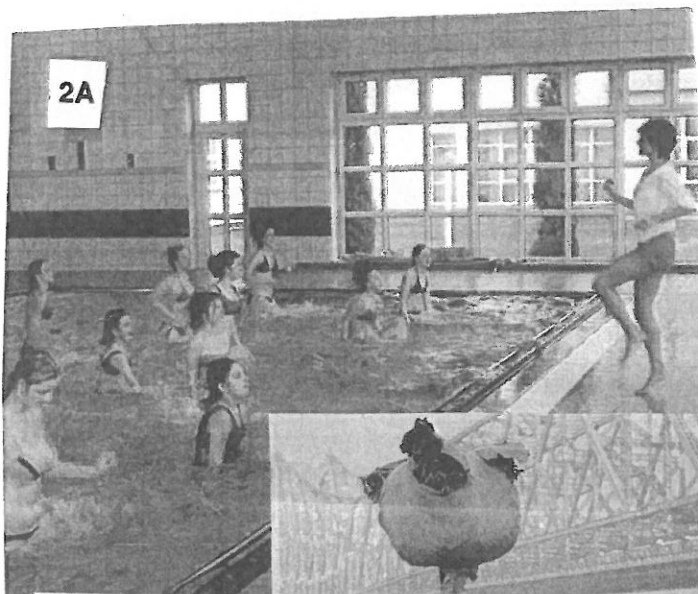
Have you ever felt frightened before visiting a doctor/dentist? Why? Tell me about it.

Have you ever visited a fitness centre/wellness studio/sauna? Why?/Why not?

If you saw a car accident, what would you do?

Choose one of the pictures and describe it.

PART TWO



compare them.

People
Place
Services
Activities
Equipment
Other

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Imagine the following situation:

You and your English-speaking friend would like to change your lifestyle to feel better. You should talk about the changes you can make and agree on some changes you are going to make. The examiner will play the role of your friend.

What to change

How much money to spend

Why to change it

When to start

How to do it

Other

4A Eat healthy food,
change you eating
habits



4B

Drink plenty of water



4C Reduce stress,
think positively, relax



4D

Make changes to your
daily routine,
get a lot of sleep

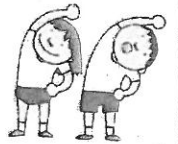


4E Change your
appearance
(hair, clothes etc.)



4F

Exercise regularly,
find new sport activities



(Imagine the following situation.)

Our school is organising a Good Health Week. Your English class has decided to join in. I am your English teacher and we should discuss which of the suggested topics might be the most popular ones with students.

Healthy eating

Introduction to yoga

Alternative approaches to medicine

Dangers of drug abuse

Health and the environment

Other

Imagine the following situation:

You are studying in London. Three days ago you started to feel ill and you have a high temperature. You decided to see a doctor and ask for help. You are insured. I am the doctor and I am going to start the conversation.

Reasons for coming

Symptoms

What to do?

Where to buy the medicine?

Insurance

Other

Imagine the
following situation:

You are studying in England. You and your English speaking friend have been asked to plan a lecture or an event about health at your school. First, you should choose a topic which you find interesting for your schoolmates and then discuss the organisation of the lecture/the event. The examiner will play the role of your English speaking friend.

Discussion about drug abuse Lecture on healthy eating habits

Lecture on the health benefits of doing sports

Workshop – making a poster with the topic "How to deal with stress"

First aid course

9.

Health and body care

(2) h.

PART FOUR

Helping others

Charity projects

H. B.

Imagine the following situation:

I am your English speaking friend and we would like to help others. First, we should agree on which activity to do and then talk about the details of it.

What?
Why?
Where?
When?
What will we need?
Other

Have you already thought about the activity we could do to help the others?

volunteer work at a hospital
helping at an animal shelter
organizing a concert to raise money for a children's home
other?

Imagine the

following situation:

You are **studying in England** and your school would like to **take part in a charity project**. Your teacher has asked you to **help him/her decide** in which project to participate. You should **discuss the advantages and disadvantages** of the different projects and then **agree on at least one** that would be appropriate.

Child sponsorship

Volunteer work in an animal shelter

Adopting an animal from the ZOO

Taking and selling photographs to raise money for a children's home in our town

Organising free PC courses for senior citizens

Other

Imagine the following situation:

I am your English speaking friend. I do not feel very fit. I would like to ask you for some advice on what we could do together to feel better and healthier. First, we should agree on an activity and then talk about the details of it.

What?
When?/How often?
Where?
What will we need?
How much?
Other

Hi, XY, I am not feeling very well these days. I am tired/My back hurts. Do you know what I could do to feel better?

yoga lessons
going for a walk
starting a diet
other?