PART ONE

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?

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Health and body care

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