



## DIETS

### Key Expressions to Use

<ul style="list-style-type: none"> <li>• I'm trying a diet because...</li> <li>• My favorite healthy food is...</li> <li>• In my opinion...</li> <li>• Diets are...</li> </ul>	<ul style="list-style-type: none"> <li>• What about you?</li> <li>• That sounds good / hard!</li> <li>• I eat... every day</li> <li>• I should eat more/less...</li> </ul>
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Student A	Student B
1. Do you follow any kind of diet? (vegetarian, keto, no sugar, balanced...)	1. What do you think is the most important thing for a healthy diet? (vegetables, protein, water...)
2. What do you usually eat for breakfast? Is it healthy?	2. Do you eat fast food often? How do you feel after?
3. Do you think diets are easy or difficult to follow? Why?	3. Have you ever tried a famous diet? (Mediterranean, intermittent fasting, vegan...)
4. Have you ever tried to lose weight or gain weight? How did it go?	4. What's one bad eating habit you want to change? (too much sugar, late-night snacks...)
5. What's one food you eat a lot of? Is it healthy or not?	5. Do you think diets should be strict or flexible? Why?
6. Do you drink a lot of water every day? How much?	6. What's your favorite fruit or vegetable? How do you like to eat it?
7. What's your favorite healthy snack? (fruit, nuts, yogurt...)	7. Do you cook healthy meals at home, or do you eat out a lot?
8. Do you think people in your country eat healthy food? Why or why not?	8. Do you think school lunches are healthy? What would you change?
9. Have you ever followed a diet because of social media or influencers?	9. Have you ever eaten something very healthy that surprised you? (e.g., kale, quinoa)
10. If you could invent a perfect diet, what would it include?	10. If you could eat only one food for a month (healthy or not), what would it be?

### Extra Follow-up Questions

<ul style="list-style-type: none"> <li>• Why?</li> <li>• Tell me more!</li> <li>• What about you?</li> <li>• Do you agree?</li> </ul>	<ul style="list-style-type: none"> <li>• Have you tried it?</li> <li>• Is it the same in your country?</li> <li>• How does it make you feel?</li> <li>• Would you do it?</li> </ul>
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### Quick Reflection (optional)

<p><b>After your discussion:</b></p> <ul style="list-style-type: none"> <li>• Which diet question made you think about your eating habits the most?</li> <li>• Which answer surprised you the most?</li> <li>• Share one healthy food or diet tip you learned today!</li> </ul>
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