

Discussion Questions

Weight

Student A

1. Are you happy with your weight?
2. Have you ever been underweight?
3. Is it easy for you to lose weight?
4. Can a person's weight affect his health? If yes, how?
5. Is it easier for you to lose weight through a diet or exercise?
6. What exercise do you recommend for losing weight?
7. Can you name a few factors that affect weight?
8. Is sleep important for weight loss?
9. Do you think the world population is getting bigger and bigger?
10. Are there many obese people in your country?

Student B

1. Have you ever been overweight?
2. Who in your family is the biggest?
3. Have you ever gone on a diet so you could lose weight?
4. How long does it take you to lose weight?
5. How often should you eat if you want to lose weight?
6. Can you drink alcohol/soda/sweet tea/juice and still lose weight?
7. Does drinking water help weight loss?
8. Can processed food increase your weight?
9. Which country's people, in your mind, are the biggest?
10. Which food do you think makes you gain the most weight?