



A HEALTHY LIFE

Work with a partner. Ask and answer the following questions.

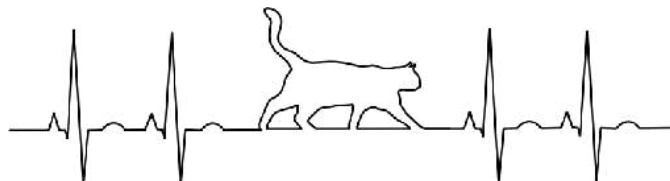
1. What is the best way to unwind?
2. Should children stay home when they are sick?
3. Is food safety an issue these days?
4. Can masks protect us from getting the flu?
5. Are home remedies better than going to the doctor?
6. Is vaccination against flu a good thing?
7. Is regular exercise the key to a long life?
8. Is having a good diet more important than exercise?
9. Are vegetarians healthier than meat eaters?
10. Do doctors prescribe too much medication?

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Health Fill-in-the-Gaps

Complete the sentences with the correct WH question word.

1. _____ many glasses of water should we drink per day?
2. _____ are the benefits of regular exercise for our bodies?
3. _____ foods should we avoid to maintain a healthy diet?
4. _____ can we find reliable information on mental health?
5. _____ is the importance of getting enough sleep each night?
6. _____ are some common symptoms of stress and anxiety?
7. _____ can we improve our overall physical fitness?
8. _____ is the role of nutrition in maintaining good health?
9. _____ are some healthy ways to cope with emotions?
10. _____ can we prevent the spread of illnesses?



Teacher's Key

Complete the sentences with the correct WH word.

1. **How** many glasses of water should we drink per day?
2. **What** are the benefits of regular exercise for our bodies?
3. **What** foods should we avoid to maintain a healthy diet?
4. **Where** can we find reliable information on mental health?
5. **Why** is the importance of getting enough sleep each night?
6. **What** are some common symptoms of stress and anxiety?
7. **How** can we improve our overall physical fitness?
8. **What** is the role of nutrition in maintaining good health?
9. **What** are some healthy ways to cope with emotions?
10. **How** can we prevent the spread of illnesses?