



1-MINUTE CHALLENGE

1. Choose a block that you like & talk to a classmate about it.
2. When you have finished, your classmate can choose a different block and talk to you as long as he/she can.
3. You can only talk about the same block once.

	1	2	3	4
1	Your opinion on: You are what you eat.	Your opinion on: Diets in general.	Your opinion on: Enjoying a diet.	Your opinion on: Diets are only for the famous.
2	The state of hospitals in your country.	Disabled people in your country.	Your favorite health dish.	The effect of air pollution on our health.
3	How do you maintain a good mental status?	Ways to detoxify and cleanse your body.	Your opinion on the health benefits of an afternoon nap.	Obesity in developed vs developing countries.
4	Your biggest challenge to maintain a healthy body.	Your opinion on the amounts of salt that people eat.	Your opinion on the theory that we should eat according to our blood-type.	Experts say we should walk 10 000 steps a day. Your opinion on this.