



HEALTH & LIFESTYLE

© talkmor.com**Level: B1 | Focus: Vocabulary, speaking and everyday routines****Activity 1: Start talking**

Discuss these questions with a partner.

1. What does a healthy lifestyle mean to you?
2. Which healthy habits are easy for you to follow?
3. Is there a habit you would like to change?
4. How much time do you spend sitting down each day?
5. What helps you feel energetic in the morning?
6. Do you think people today have healthier lifestyles than people did 30 years ago? Why or why not?

Activity 2: Healthy or unhealthy?

Work with a partner. Put each habit into one of these groups:

Usually healthy	Usually unhealthy	It depends

1. Getting seven or eight hours of sleep
2. Skipping breakfast because you are in a hurry
3. Walking instead of driving for a short journey
4. Spending most of the day sitting down
5. Taking short breaks during work
6. Eating the same food every day
7. Using a phone late at night
8. Spending time outdoors
9. Drinking water regularly
10. Working late every evening
11. Meeting friends and family regularly
12. Exercising even when you feel exhausted

Discuss: Which answers might depend on the person or situation? Explain your choices.

Activity 3: Complete the expressions

Complete each sentence using the phrases in the box. Use each phrase once.

*take breaks · cut down on · stay active · get enough sleep · skip meals
build a habit · spend time outdoors · feel stressed · keep a routine · make time for*

1. I try to _____ because I work at a computer all day.
2. Many people _____ when they are too busy to eat.
3. It is difficult to concentrate when you don't _____.
4. If you want to _____, start with a small change.
5. Some people need to _____ sugar or sugary drinks.
6. I try to _____ by walking or cycling regularly.
7. When I have too much work, I begin to _____.
8. It is easier to sleep well when you _____.
9. I feel better when I _____ in the fresh air.
10. Even busy people need to _____ their hobbies.

Activity 4: Compare your routines

Complete the sentences with information about your own life.

1. On a normal weekday, I usually wake up at _____.
2. I feel most energetic when _____.
3. One thing I do regularly to stay healthy is _____.
4. I sometimes find it difficult to _____.
5. When I feel tired, I usually _____.
6. One habit I would like to develop is _____.

Compare your answers with a partner. Find two things you have in common and two differences.

REAL ENGLISH BOX

These expressions help you talk naturally about habits and personal routines.

- I'm trying to get into the habit of... — I'm trying to do something regularly.
- I've been meaning to... — I've wanted to do something for some time.
- I'm not very good at... — I find something difficult to do regularly.
- I feel much better when... — Something improves how I feel.
- It's easier said than done. — Something sounds easy but is difficult to do.

Complete the sentences with your own ideas.

1. I'm trying to get into the habit of _____.
2. I've been meaning to _____.
3. I'm not very good at _____.
4. I feel much better when _____.
5. For me, changing a bad habit is easier said than done because _____.

Activity 5: The habit conversation

Student A wants to develop a healthier daily routine. Student B is a friend who asks questions and offers ideas.

Discuss these points:

- A habit Student A wants to change
- Why it is difficult to change
- One small step Student A could take
- How Student A could stay motivated
- What might happen if the habit doesn't change

Swap roles and try again with a different habit.

Teacher's Key

Activity 2:

Answers depend on the person and situation. For example, exercising when exhausted may be unhelpful if someone needs rest; eating the same food every day depends on whether the diet is varied and balanced.

Activity 3:

1. take breaks
2. skip meals
3. get enough sleep
4. build a habit
5. cut down on
6. stay active
7. feel stressed
8. keep a routine
9. spend time outdoors
10. make time for

Activities 1, 4 and 5: Answers will vary.