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| 1. What is healthy for people and what is harmful?
 | Healthy: doing sports, eating healthy food, having enough sleep ...unhealthy, harmful: smoking, overeating, taking drugs, not having enough sleep, having stress |
| 3. What do you usually eat and drink? ​ | vitamins, fibre (vláknina), don´t eat much sugar and salt, don´t drink alcohol |
| 5. Do you go for a walk regularly? | one, twice, three times a weeknot very often, because....I like/don´t like countryside/nature |
| 7. Can you name some healthy food and some food dangerous for you? | healthy: food that is low in fat, sugar, high in fibre (vláknina), vitamins, proteinsdangerous/unhealthy food: fast food, fried food, food high in sugar, fat... |
| 9. What should you do when you have a flu/a cold? | you should: take an aspirin, rest in bed, drink hot drinks/soups, go to the doctor, eat vitamins |

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| 2. What do you do to keep fit? | ​exercise, eat a lot of vegetable and fruit, have/take cold showers, not overwork myself |
| 4. Do you do sports? | Yes, I do / No, I don´t ...because I .....(sporty/lazy/active person...) |
| 6. How long do you usually sleep? | I usually sleep for 8 hours, sometimes more, sometimes less, ..... it depends on..... |
| 8. How often do you watch television/ do you play computer games? | one, twice, three times a week |
| 9. Name some common diseases/illnesses | illnesses: flu, cold, tonsilitis, AIDS, pneumonia, cancer |