

Activity Type

Speaking Activity: sentence completion, guided discussion, asking and answering questions (group work)

Focus

Health and fitness

Expression opinions

Agreeing and disagreeing

Aim

To practice expressions related to health and fitness.

Preparation

Make one copy of the worksheet for each student.

Level

Intermediate (B1)

Time

45 minutes

Introduction

In this intriguing health discussion activity, students practice expressions related to health and fitness.

Procedure

Give each student a copy of the worksheet.

Go through the worksheet and explain the expressions related to health and fitness.

Tell the students to complete the sentences on the worksheet with their own ideas and information that is true for them.

Students may leave some sentences blank if they think they aren't applicable.

While the students are writing, go around and help as necessary.

Next, divide the students into groups of four.

Tell the students that they are going to have a discussion about health and fitness using the sentences they wrote on the worksheet.

One student begins the discussion by reading their first sentence to the group.

Group members respond using the expressions at the bottom of the worksheet and by asking follow-up questions. The group members also say what they wrote for their first sentence to help keep the conversation going.

When the first item has been discussed, the next student reads out their second sentence and so on.

Example:

A: The best way to get into shape is to exercise every day.

B: How often do you exercise?

A: I exercise three times a week.

C: I don't think so. I think the best way to get into shape is to eat lots of fruit and vegetables.

D: Why do you think that?

When all the items have been discussed, have the students share their findings with the class. Finally, ask the students to come up with five things people should do to be fit and healthy.

A. Complete the sentences with your own ideas and information that is true for you.

1. The best way to get into shape is
2. When I feel unwell, I like to
3. If I had more time, I'd like try to
4. I know it's bad for me, but I really enjoy
5. To stay healthy, it's important to get at least hours of sleep a night.
6. I try to lots of
7. People say that is really good for you, but I can't stand it/them.
8. I think I should try to more
9. I try to avoid eating too much/many
10. Did you know that you can get a lot of exercise just by?
11. I think I could be healthier if I
12. I'm going to try to cut down on
13. Some people say that can be good for you.
14. I try to at least once a week.
15. To keep fit, I used to but unfortunately I gave it up.
16. I think if you want to stay healthy you should
17. I think I'm quite fit because I
18. The best way to lose weight is

B. Now, discuss the sentences in small groups using the language below.

Useful language:	
What are your thoughts on this?	What do you think?
That's so true.	You're absolutely right.
I don't think so.	That's a good idea.
Why do you think that?	How much...? How many...? How often...?
Maybe you could try...	Really? I've never heard of that before

