

## **Card 11**

You will give a talk about **health problems**. You will have to start in 1.5 minutes and speak for not more than 2 minutes (8- 12 sentences).

### **Remember to say:**

- what health problems worry young people
- if it is easy or difficult to solve health problems, why
- what suggestions for solutions to any of these problems you can make

### **I. Introduction**

Our bodies are like machines. We need do exercises to keep strong and healthy, improve our physical fitness and state of mind.

### **II. Main body**

#### **1. What health problems worry young people?**

- Students who attend schools often feel stressed or tired especially when they have exams or do tests.
- They sometimes suffer from eye strain because they spend too much time working on the computer or other electronic gadgets.
- Sometimes young people have headaches and insomnia.

#### **2. Everybody knows that it is not easy to solve health problems. Staying in good health takes time and a lot of effort.**

#### **3. It is possible to cope with .... For example, opticians recommend that you should ... Doctors warn that ... Their advice is to ...**

There are many natural remedies (such as garlic, honey, ginger) that are great for our immune system.

What we eat and how much plays a big part in our physical health/ in how we feel. I believe young people should .../ should not ...

### **III. Conclusion**

In conclusion, I would like to say that ... (if you want to be happy, look after yourself).

To sum up, I'd like to say that ...

### **Recommended Vocabulary:**

- regular amount of physical activity
- do the type of activity you enjoy
- go for long walks in green spaces/ in the park
- ride a bike
- exercise in the gym
- eat a healthy balanced diet with plenty of fruit and vegetables
- think/ be positive
- improve one's mood
- be fit, well and feel good