

Give a talk on **EATING DISORDERS**.

Remember to discuss:

- what an eating disorder is and why it is a serious problem
- how refusing to eat influences a person's behaviour/physical condition
- what should be done to help the patient recover
- how important it is to maintain healthy eating habits

**You will speak for not more than 2 minutes (12 – 15 sentences). You have to talk continuously.**

Recommended vocabulary: **Student's Book p. 36 – 37**

- hardly eat anything
- sullen and withdrawn/ skinny and pale
- have wild mood swings
- feel at a complete loss/ be desperate/ scared to death/ try other tactics/
- underlying causes of the problem
- lack of self-esteem/ feel unattractive and worthless
- damage the heart and make the bones brittle and easy to break
- need love and support and urgent medical attention
- go to (consult) a doctor who specializes in eating disorders (a nutritionist)
- get through it together with...

Give a talk on your **EATING HABITS**.

Remember to discuss:

- if you are a health-conscious person
- how balanced your diet is
- if you/your friends are addicted to junk food
- what the benefits of a healthy balance are

**You will speak for not more than 2 minutes (12 – 15 sentences). You have to talk continuously.**

Recommended vocabulary: **Workbook p. 18 – 19**

- Be health conscious/look after yourself
- prepare/ cook decent meals
- varied, delicious meals/ high in fats and sugar/ low in ...
- supplement one's diet with vitamins and minerals
- addicted to junk food/ fast food
- become a regular habit/ do smth on a regular basis/ be enthusiastic about
- unhealthy eating habits
- get acne, be lethargic
- be at risk of obesity and diabetes
- mood swings, headaches, colds
- get back on track/ get back to normal/ cope well with...
- experience the benefits of a healthy lifestyle