

Task 1

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.

Task 2

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:

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

Student's Book p. 36 – 37

- Suffer from (a severe) an eating disorder
- 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- Sullen and withdrawn/ skinny and pale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 ...