

Activity Type

Reading, writing, listening and speaking activity, group work

Language Focus

Health and fitness

Aim

To practice expressions related to health and fitness.

Preparation

Make one copy of the worksheet for each student.

Level

Intermediate

Time

45 minutes

Introduction

In this 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.

Note: This is an editable PDF. To edit the document, select the Edit PDF tool in Acrobat.

1. The best way to get into shape is
2. When I feel under the weather, I like to
3. If I had more time, I'd definitely 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 actually 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

Useful language:

What are your thoughts on this?

That's so true.

I don't think so.

Why do you think that?

Maybe you could try...

What do you think?

You're absolutely right.

That's a good idea.

How much...? How many...? How often...?

Really? I've never heard of that before