



5.- HEALTH

Do you think people ,in general terms, lead a healthy life? Can you talk about the bad habits people have? What about you? Do you have a healthy life? Justify your answer. In your opinion what things should be done to have a healthy lifestyle? Have the health habits changed a lot recently? Progress should have brought a healthier life...., is it so? The Mediterranean diet has been neglected recently and other kinds of food have taken its place. What can you say about this? What are the consequences of this change of eating habits?. Has stress anything to do with health?... New kinds of medicine have emerged: alternative medicine. What's do you know about them and what's your opinion about them?

PICTURE EXPLANATION: Describe what you see in this picture and talk about its content.

