

Healthy habits

Is it true?:

Most people in the class eat too much fast food.

Is it true?:

Most people in the class drink enough water every day. (a litre or more)

Is it true?:

Most people in the class do a lot of sports.

Is it true?:

Most people in the class sleep long enough. (6–8 hours)

Is it true?:

Most people in the class eat too many sweets.

Is it true?:

Most people in the class eat enough fruits and vegetables. (5 times a day)

Is it true?:

Most people in the class have too much stress.

Is it true?:

Most people in the class have a relaxing hobby.

Is it true?:

Most people in the class have a good balance between home and work.

Is it true?:

Most people in the class are non-smokers.

Is it true?:

Most people in the class work too many hours.

Is it true?:

Most people in the class try hard to have a healthy lifestyle.

Healthy habits

Teacher's Notes

Preparation:

Copy one activity sheet for every 12 learners in the class. If you have up to 15 learners in your class, simply hand out a few duplicate questions. But if you have 16 or more learners, then make one copy of the activity on white and the other on coloured paper. This way you can have two teams of 8 or more learners who will be able to recognize their team mates at a glance. Cut out the 12 statement cards on each sheet.

In class:

Briefly brainstorm aspects of a healthy lifestyle. Then give each learner one of the 12 statement cards.

If you have teams of under 12, decide which statements you want to leave out of the game. (You should leave out the same statements for each team.) Explain to the learners that in this activity they will help to gather class statistics on health habits. Each person must change his statement into a question to get information from the others; for example, "Do you eat too much fast food?" When everyone is ready, the milling phase begins. Pairs meet for a question exchange, and for every question answered with a "yes", the interviewer makes a note on his card. Encourage your class to give more than a yes or no answer. This is an opportunity for learners to have a brief English conversation and talk about their personal lives. At the end of the activity, everybody should be prepared to report back on the number of "yes" answers. A nice follow-up would be to have small groups design posters about the health habits of the class.