

Health & Nutrition

Let's get started...

Before you begin today's discussion, take a few moments to think. Try to think of the last thing that you did to relax. What did you do? How did it make you feel? Do you do this activity regularly to relax? Share what you did with your group.

New words and Idioms:

Nutrition, stress, stressed-out, drained, overloaded, to be in shape, workout, to get in shape, well-being, health, nutrition, variety, physical activity, grains, moderate, diet, moderation, guidelines, fast food, cholesterol, dietary, "An apple a day keeps the doctor away," "Early to bed and early to rise makes a man healthy, wealthy, and wise," "Don't sweat the small stuff," etc.

Background:

In the U.S., many people believe that there are three things that are very important for maintaining a person's health: exercising regularly, eating right, and having a positive attitude and outlook on life.



In pairs for 5 minutes, ask and answer these questions:

In the U. S., many people are concerned about stress. Do you ever feel stressed-out? What do you do to relax?

Do you think it more stressful to live in the U.S. than in your original country? Why or why not?

What causes stress in your life? How can you reduce stress?

Share your partner's answers with the group.

Discussion Questions:

What do you think it means to be healthy?

Do you think that it is important to be happy? Does happiness contribute to your level of health?

What are some things that you do or that you think people should do to stay healthy? Why are these things important to health?

Where can you go to improve your health? Do you workout or exercise regularly?

What is your favorite kind of exercise? What do you like about it?

Do you think it is important to eat right? What does "eating right" mean?

What kinds of foods or meals do you eat regularly?

Do you think that the food from your home country or most American food is healthier or less healthy ?

Do you always eat healthy food? Usually? Sometimes?

Many Americans are overweight. They go on diets to lose weight. Are special diets common in your home country? Have you ever tried to diet?

Is being healthy important for people in your culture?

What does it mean to be "healthy" in your culture?

In the U.S., people jog, walk, go to gyms, or workout with videotapes at home. What do people in your culture do to stay in shape?

Do you think that most people in your home country get more or less exercise than most Americans?

Many people believe that pets are good for a person's health. What do you think?

How much sleep do you need to feel healthy? (How many hours of sleep do you usually get each night?)

Who is the oldest person you know? Is the person healthy? Why or why not?

Do people in your home country take vitamins and/or mineral supplements?

What advice would you give to someone who wants to be healthy and live to "a ripe old age"?