

## Staying Healthy

### ***Welcome to Talk Time!***

Learn one another's names.

Discuss the "Idiom of the Week."

### **Let's get started**

**Read the story together.**



One of the oldest living people in the world is Walter Bruening. He is 114 years old. He was born on September 21, 1896 in the state of Minnesota. Now Walter lives in a retirement center in Montana. On his 112th birthday, he said the secret to long life is being active: "[if] you keep your mind busy and keep your body busy, you're going to be around a long time." Every day, he dresses himself in a suit and tie. In a recent interview, he said, "Every day I exercise. Every morning I do all my exercises."

Source: [http://en.wikipedia.org/wiki/Walter\\_Breuning](http://en.wikipedia.org/wiki/Walter_Breuning)

**Discuss in partners. Then, share with the group.**

What does Walter do to stay healthy?

What do you think is "the secret to long life?"

What do you think it means to be healthy? What does it mean to be "healthy" in your culture?

### **Conversation skills**

As we discuss, let's ask each other questions using the words *who*, *what*, *where*, *when*, *why*, and *how*. Let's also use the phrase "Tell me more." The best questions are the questions YOU ask!

### **Discussion**

**Discuss some questions as a group. Then, discuss in pairs or threes.**

In the U.S. basic guidelines for good health include exercising regularly, eating a balanced diet, and managing stress. Does your country have similar ideas about health? Explain.

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

What kinds of foods do you eat most often?

What is your favorite healthy food? How do you prepare it?

What is your favorite unhealthy food? Do you limit this food in your diet?

Do you think it was easier to prepare healthy foods in your home country? Why or why not?

Have you eaten fast food? What are the problems with many fast foods?

Some people think that having a glass of wine every day is good for your heart. What do you think?

Do you know anyone who eats a vegetarian diet? How about an organic diet? What do you think the advantages or disadvantages would be of these diets?

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

American companies are required to label their food products with the nutritional value “per serving.” Is there a similar law in your home country? (See additional handout).

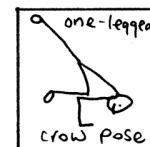
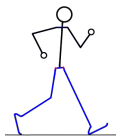
Many people believe that pets are good for a person’s health. What do you think?

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

What is the last thing you did to relax? How did it make you feel? Do you do this activity regularly to relax?

What causes stress in your life? What are some ways to manage stress?

According to the WHO (World Health Organization), health is “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” What do you think about their definition?



### **Reflect**

What did you learn today? What did you learn about yourself or someone in the group? What language did you practice? What do you want to talk about next week? Discuss as a group.