

Talk Time Topic: Staying Healthy

Let's get started...

As a group brainstorm a list of ways that people can relax.

Background:

In the U.S. basic guidelines for good health include:
exercising regularly, eating a balanced diet, and managing stress.



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

What do you like to do for fun? Tell your partner about a time when you had a lot of fun.

Share your partner's answers with the group.

Discussion Questions:

What do you like to do that makes you feel healthy?

Here are some USDA guidelines for exercise:

- healthy adults should exercise 60 to 90 minutes most days of the week to maintain body weight.
- 30 minutes of moderate exercise each day will reduce the chances for chronic disease.
- It is good to do a variety of exercise.

Is exercise important in your life? How do you get exercise?

Do you have a "workout" that you do or a regular weekly exercise?

Do you exercise more in the U.S. than in your country or less?

What does "good nutrition" mean? What kind of food is "nutritious"?

What kinds of foods ARE NOT nutritious?

What kind of food do you usually eat:

- for breakfast?
- for lunch?
- for dinner?

Do you eat junk food? What kind and when?

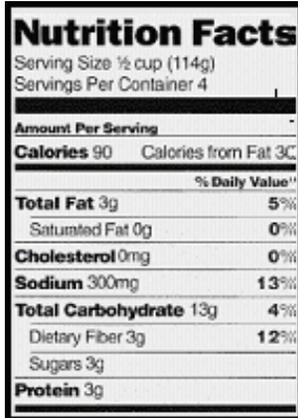
Do people in your home country eat healthier food than Americans do?

Is your diet healthier or less healthy now that you are in the U.S.?

Many Americans worry about eating food with high cholesterol. Is that a problem in your home country?

Whole grains, nuts, fish, fruit, vegetables are some health foods. Do you regularly eat any of these? What is your favorite "health food"?

What is protein? What kind of protein do you eat?



Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

American companies are required to label their food products with the nutritional value "per serving." Is there a similar law in your home country?

Look at the sample label on the left and talk about what it means.

Why is it important to read the labels on food?

Diabetes is now a common illness in the U.S. People who have this disease must be careful about eating sugar. Many people with diabetes use sugar substitutes. Is this disease common in your home country?

Does anyone in your family have any dietary restrictions?

Do you or your family members take vitamins?

What do people in your home country do to stay healthy?

A "Life Change Index" (by Holmes and Rahe) rates 43 life events -- such as marriage, divorce, death of close family member, moving to a new place, change of eating habits, change in social activities, and change of job. They believe that too many changes create stress, and that too much stress can make people sick.

Is stress a big problem for people in your home country?

Is it more stressful to live in the US than in your country? Why or why not?

Some health experts say that people can manage stress by learning and using relaxation techniques like yoga or tai chi; by taking time to have fun every day; by taking a relaxation break every few hours; by helping others; or by getting 7 – 8 hours of sleep each night, etc.

What are some other ways to manage stress?

New words and Idioms:

guidelines, couch potato, balanced diet, maintain, fresh air, exercise, staying fit, to be in shape or get in shape, workout, moderate, diet, nutrition, junk food, calories, protein, carbohydrates (carbs), whole-grains, low fat, cholesterol, substitutes, vitamins, stressed out; managing stress, "An apple a day keeps the doctor away." "You are what you eat."