

Topic: Healthy Living

Let's get started . . . What does it mean to be "healthy"? What does it mean to be unhealthy? What do you do to stay healthy?

Story: Currently, the oldest living person in the world is 115 years old. Her name is Gertrude Baines, and she was born on April 6, 1894 in the state of Georgia. She is an African-American. Her grandparents were former slaves, and her father was born into slavery. When asked about how she lived her life, she said, "I took care of myself, the way God wanted me to." She lived by herself until she was 105. She now lives in Los Angeles, and is still in pretty good health.



In pairs for 10 minutes, ask and answer these questions:

Do you consider yourself healthy? Why or why not? What are some things you do that make you healthy? Do you have healthy habits? Do you have any unhealthy habits? Do your family members have the same habits that you do?

Share your partner's answers with the group.



Make a list of things that you do to maintain your health. Then, for each item, find one other person in your class who does that same thing.

<u>Things I do to stay healthy</u>	<u>Who else does this?</u>
Example: I go for a walk a few times a week.	Marci
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

Discussion Questions - talk in pairs or small groups. Change groups from time to time.

What do you do when you are sick? Is it different from what you did when you got sick in your home country?

How does your home country address healthcare? Does everyone have healthcare? Did you have health insurance in your home country?

Do you think that being healthy is related to having a positive outlook on life?



Do you think that being healthy is genetic? Or is it **caused by** the choices that you make? Is it Nature or Nurture?



Did you ever struggle with a serious illness or disease during your life? What did you do when you found out that you were sick?

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?

What does it mean to have good **mental** health? Is this a part of being healthy? Explain.

Is stress good or bad for your health? Are there examples of good stress? What are some examples of bad stress? What causes you to experience stress? What do you do to relieve stress?

Do you take multi-vitamins to stay healthy? Does anyone in your family take multi-vitamins?

Is healthcare expensive in your home country? How does it compare to the cost of healthcare in the United States?

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

What role does nutrition play in your health?

New vocabulary: former, slavery, slaves, healthcare, nutrition, illness, disease, habits, absence, infirmity, maintain, mental health, outlook, "nature or nurture", social well-being

Keep talking about it this week: Think about what you do to stay healthy. Ask family members or friends what they do to stay healthy. Share your ideas with the Talk Time group next week.

More on health: www.health.msn.com, www.who.org, www.mypyramid.gov