

EnglishClip 4 - Advice & Lifestyle



Sara: Hi, Kate. You don't look very happy.
What's the matter?
Kate: I don't feel very well.
Sara: Maybe you should see a doctor.
Kate: I did. She gave me this questionnaire to fill out.
Sara: Oh dear. Why don't you let me help you?
Kate: Yes, that's a good idea. Thanks, Sara.

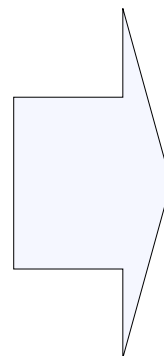
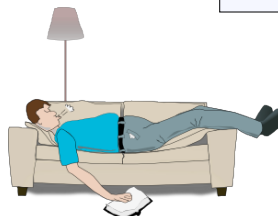


1. Ask your partner questions and give a score for each part e.g. 10/10 = Very healthy.

<p>Exercise Score /10</p> <p>Are you an active person? Do you do any active sports? How often do you ...? How long do you spend ...ing?</p>	<p>go to the gym playing video games go jogging watching TV go swimming sitting at a desk play tennis using your cell phone walk to school thinking about exercise</p>	<p>always 100% usually 80% often 70% sometimes 50% occasionally 20% rarely 10% never 0%</p>										
<p>Food & Drink Score /10</p> <p>Tell me about your eating habits? Do you eat regular meals? What time ... ? What do you usually have for (<i>breakfast</i>)? How often do you ...? (do something)</p>	<p>breakfast / lunch / dinner skip a meal home cooking eat junk food fresh fruit eat snacks fresh vegetables eat candy home cooking eat late</p>	<table border="1"> <tr> <td>every day</td> <td>a day</td> </tr> <tr> <td>once</td> <td>a week</td> </tr> <tr> <td>twice</td> <td>a month</td> </tr> <tr> <td>three times</td> <td>a year</td> </tr> <tr> <td>four times</td> <td></td> </tr> </table>	every day	a day	once	a week	twice	a month	three times	a year	four times	
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<p>Sleep & Relaxation Score /10</p> <p>Are you getting enough sleep? Do you ...? How often do you ...? What do you do to relax? ... avoid stress?</p>	<p>go to bed early feel tired in the daytime sleep for 8 hours yawn in the daytime wake up refreshed wake up feeling tired usually feel relaxed need an alarm clock sleep late fall asleep in class</p>											
<p>Life, Study & Work Score /10</p> <p>Do you ... How many hours do you ... ? What do you do ...? What time do you ...? How often do you ...?</p>	<p>study every day have a part-time job live with your family stay out late after school your questions! commute to school get home</p>											

2. Now give your partner some advice.

A: Your score for exercise is terrible.
I think you need to join a gym or something.
B: Yes, but it's so boring.
A: Well, why don't you walk to school instead of taking the bus?
B: Yes, that's a good idea! I'll try that.
A: And your score for ...



terrible ...
very poor ...
pretty poor ...
not bad but ...
quite good but ...

I think you should ...
 shouldn't ...
 need to ...
Why don't you ...
If I were you, I would ...