

EnglishClip 5 - 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.

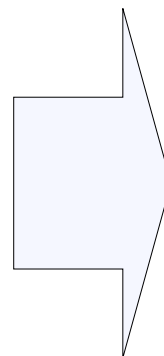
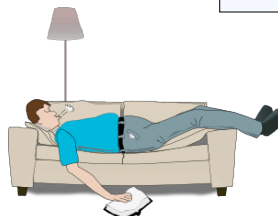


1. Ask your partner questions and give a score for each part e.g. 10/10 = Very healthy.

Exercise Are you an active person? Do you do any active sports? How often do you ...? How long do you spend ...ing?	Score /10	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	always 100% usually 80% often 70% sometimes 50% occasionally 20% rarely 10% never 0%
Food & Drink Tell me about your eating habits? Do you eat regular meals? What time ... ? What do you usually have for (breakfast)? How often do you ...? (do something)	Score /10	breakfast / lunch / dinner skip a meal home cooking eat junk food fresh fruit eat snacks fresh vegetables eat candy home cooking eat late	every day once a day twice a week three times a month four times a year
Sleep & Relaxation Are you getting enough sleep? Do you ...? How often do you ...? What do you do to relax? ... avoid stress?	Score /10	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	
Life, Study & Work Do you ... How many hours do you ... ? What do you do ...? What time do you ...? How often do you ...?	Score /10	study every day have a part-time job live with your family stay out late after school your questions! commute to school get home	

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 ...