



Health

1. How many food groups are there? Can you name them?
2. Which food group can give us good cholesterol?
3. Give names of three foods that provide us with protein.
4. Can you name a vegetable that is an excellent resource for iron?
5. Why do we need calcium?
6. How can the lack of fibre in our food affect the digestive system?
7. Do you think abandoning a food group is a good idea?
8. Which food group provides us with fibre?
9. Why is it important to eat “five a day”?
10. Can overeating food make us stronger?
11. Do you count calories when you eat anything?
12. Do you burn enough calories that can balance your calorie intake?
13. What is your opinion on healthy eating?
14. Name three things that can destroy your health?
15. Are our bodies affected by pollution?
16. How many kinds of pollution are you familiar with?
17. What do you think is the worst kind of pollution?
18. Who is responsible for keeping our environment healthy?
19. Can planting trees help reduce air pollution?
20. Give two examples of severe noise pollution?
21. Give two examples of water pollution?
22. What is recycling?
23. How can recycling protect the environment? Explain.
24. Do you recycle?
25. What do you recycle?
26. Do you still use plastic bags for shopping?
27. How can your lifestyle affect your health?
28. How many hours of sleep are necessary for a healthy lifestyle?
29. How many meals do you eat during the day?
30. What changes would you make in your lifestyle and eating habits to be healthier?
31. Do you have any food allergies?





32. Do you have lactose intolerance?
33. What is your favourite cooking method: steaming, frying, baking, grill, boiling, etc.?
34. Do you cook?
35. Do you like experimenting with cooking?
36. What is the difference between good cholesterol and bad cholesterol?
37. What can happen if you have high cholesterol?
38. What can happen if we overeat sugary food?
39. Do you have a nap during the day?
40. Which is your favourite mealtime: breakfast, brunch, lunch, afternoon tea, supper, or dinner?
41. Are you aware of the importance of personal [hygiene](#)?
42. What social problem can happen to an unhygienic person?
43. What is your exercise routine?
44. How many calories do you burn through exercise every day? Explain.
45. What is your preferred method of exercise: weight lifting, cardio, aerobics, swimming, running, brisk walking, etc.

KEYSTONE LEARNING & TEACHING

Do you have the drive to learn?

