**HEALTHY LIFYSTYLE QUESTIONS**

1. **What is healthy lifestyle? What does it mean to you?**
2. **Do you do many sedentary activities?**
3. **Why are sedentary activities bad for health?**
4. **Are you a coach potato?**
5. **Do you prefer to walk or use public transport?**
6. **Are there any things your parents don’t allow you to do?**
7. **Who can encourage you in difficult situation?**
8. **Do you do any sport or do you play any sport games?**
9. **What is the best way for you to spend free time?**

*Example:* The best way for me to spend free time is to walk (що робити? що зробити?) outside with my friends.

**10. Do you have a busy day?**

**11. At what time do you usually get up?**

**I usually get up at 7 am.**

**12. When did you get up yesterday?**

**13. What healthy / bad habits do you have?**

**14. What can you do to improve your health?**

**15. How often do you catch a cold?**

**16. Do you always eat healthy food? Do you eat a lot of vegetables? Do you eat fruits every day?**

**17. Do you eat fast food? Do you drink soda? How often do you drink soda?**

**18. Do you skip breakfast?**

**19. Do you think that smoking/ alcohol is bad for your health?**

**20. How often do you do exercises?**

**21. What is the best way to deal with stress? What causes your stress?**

**LIFESTYLES**

|  |  |  |
| --- | --- | --- |
| **VERBS** | **NOUNS** | **ADJECTIVES** |
| to follow | generation | peaceful |
| to be worried about  | couch potatoes | hectic |
| to spend (time, money) | health | sporty |
| to describe | activity | boring |
| to be in danger | report | glamorous |
| to allow | danger | adventurous |
| to blame  | heart | exciting |
| to encourage | fault | calm |
| to protect | disease | healthy |
| to do sport (tennis) |  | sedentary |
| to prepare |  | lazy |
|  |  | difficult |