



Health quiz

Do the quiz below and find out if you're healthy!

- 1 How many glasses of water do you drink each day?**
 - a One to two.
 - b Four to six.
 - c Eight to ten.
- 2 How often do you use sunscreen on your face and hands?**
 - a Every day.
 - b Only when I'm on the beach or at the pool.
 - c Never.
- 3 How many servings of fruits and vegetables do you eat every day?**
 - a One to two.
 - b Three to four.
 - c Five to eight.
- 4 How many hours do you sleep every night?**
 - a Five to six.
 - b Seven to eight.
 - c Nine to ten.
- 5 Do you smoke?**
 - a No, never.
 - b No, but those around me do.
 - c Yes, I do.
- 6 How often do you exercise?**
 - a Once a month.
 - b Once a week.
 - c Three times a week.
- 7 How often do you feel stressed?**
 - a Every day, all day.
 - b Once in a while and only in extremely stressful situations.
 - c Almost never.
- 8 What do you do when you feel stressed?**
 - a I smoke a cigarette and get a cup of coffee.
 - b I breathe deeply, calmly express myself and, when possible, exercise a bit.
 - c I cry and shout.
- 9 How do you spend your free time?**
 - a I try to catch up on all my pending work projects.
 - b I drink beer and watch TV.
 - c I visit friends and pursue my hobbies.
- 10 How many cups of coffee do you drink every day?**
 - a Zero to one.
 - b Two to four.
 - c Five or more.

Count your answers:

- | | |
|----|---|
| 1 | c = 3 points; b = 2 points; a = 1 point |
| 2 | a = 3 points; b = 2 points; c = 1 point |
| 3 | c = 3 points; b = 2 points; a = 1 point |
| 4 | b = 3 points; c = 2 points; a = 1 point |
| 5 | a = 3 points; b = 2 points; c = 1 point |
| 6 | c = 3 points; b = 2 points; a = 1 point |
| 7 | c = 3 points; b = 2 points; a = 1 point |
| 8 | c = 3 points; b = 2 points; a = 1 point |
| 9 | c = 3 points; b = 2 points; a = 1 point |
| 10 | a = 3 points; b = 2 points; c = 1 point |

Are you healthy?

24 to 30 points: You're doing really well! Keep up the healthy lifestyle and you'll live a long, happy life.

18 to 23 points: You need to think about your lifestyle. Get more exercise, more rest and work on your stress and you'll not only feel but you'll look better!

Under 17 points: Change your life now! You're in trouble – you're stressed, tired, out of shape and have some bad habits. It's time to think about what you're doing to yourself!

Unit 9C



Teacher's Notes

Health quiz

Interaction

Group work

Aim

To practice talking about food, diets and lifestyles.

Time

15–20 minutes

Skills

Reading

Speaking

Grammar and functions

Frequency words

Information questions with the present simple

Vocabulary

Food

Eating habits

Leisure-time activities

Preparation

Photocopy the worksheet. Make sure there is one copy for each student.

Answers

Ask students to look at the answer key at the bottom of the worksheet and calculate their scores.

Procedure

- 1 Prepare the students for the activity. Introduce the topic by asking questions, e.g. *Do you consider yourself a healthy person? Do you smoke?*
- 2 Tell the students that they are going to take part in a quiz to see if they are healthy.
- 3 Ask students to form groups of four.
- 4 Give out the worksheets, one to each student.
- 5 Allow students a few minutes to read the questions and the multiple-choice alternatives. Answer any questions they may have about vocabulary.
- 6 Explain the activity. In groups, students read each of the questions and discuss their answers. Explain that they don't have to agree on a single answer, but rather talk about their habits with the group. They then mark their personal answer on their worksheet.
- 7 Allow them ten minutes to complete this part of the activity. Move around the room as they work and give help if needed.
- 8 Stop the activity when time is up and ask students to calculate their scores, using the key at the bottom of the worksheet.
- 9 When students have finished, allow them one or two minutes to read the comments at the bottom of the page. Then start a discussion on the comments themselves.

Option

Ask students to work in pairs. Student A reads the questions to student B and fills out the form for him / her. Student B shouldn't see the worksheet as this is happening. Student B does the same. Then students check their answers and discuss the results.

Additional ideas

Ask students to write ten sentences stating what they are going to do to be healthy or live a healthier lifestyle, e.g. *I'm going to eat my meals at home.*