Balandžio 19 dienos pamoka



TIPS FOR STARTING A HEALTHY LIFESTYLE

<https://www.englishwithjo.com/english-conversation-health/#more-870>

* Do you already follow any of the recommendations provided in the video?
* Which one do you think is the easiest to do?
* Which one do you think is the hardest?

**Conversation questions about health**

* What are some things people can do to keep healthy?
* What are the most damaging things to people’s health?
* Is it possible to have a healthy life style in the modern world?
* What are the benefits of a healthy life style?
* What do you think are currently the most important health care issues?
* If you were the leader of your country, what would you do to improve health care?
* What do you think about natural remedies and alternative medicine?
* What are some of the types of traditional remedies used in your country? Do you think they are effective?
* Why do you think it has been found that people are getting less sleep than 50 years ago?
* Have you heard of the expression “you are what you eat”
* What health problems do you worry about most?
* What do you think is the most serious health problem in your country?
* Do you think traditional therapies are compatible with modern medicine?
* Why do you think diseases like cancer are increasing?

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<https://www.youtube.com/watch?v=o6f8tS32f6Y>

Let’s find out if you have a healthy diet

<https://wordwall.net/resource/45014/science/healthy-eating-quiz>

So what are those healthy eating habits?

<https://quizizz.com/admin/quiz/58944c86a54f2bbe4446d45d/healthy-eating-habits>