



What are the most important factors in keeping fit? Rank the following in order of importance:

diet

exercise

conventional medicine

other

To nourish the mind one needs to nourish the body.

Match the collocations with their meaning and then provide examples of their usage in pairs. Suggest more phrases to talk about health.

a streaming cold

shake off a cold

be in poor health

a contagious disease

a rare illness

suffer from a chronic disease

critically ill

fight for one's life

adverse reactions

build up resistance

respond well to treatment

an illness that seldom occurs

not be very well

extremely/ dangerously ill

in danger of dying

a heavy cold

disease that can be caught from somebody else

get rid of a cold

have a disease that lasts through one's entire life

become stronger

benefit from the medication you receive

negative response

**What kind of medical condition might each of the practitioner treat?
What are the cultural differences between these medical practices? (1 min)**



Candidate B: What kind of character traits do you think a medical practitioner needs to have? (30 sec)

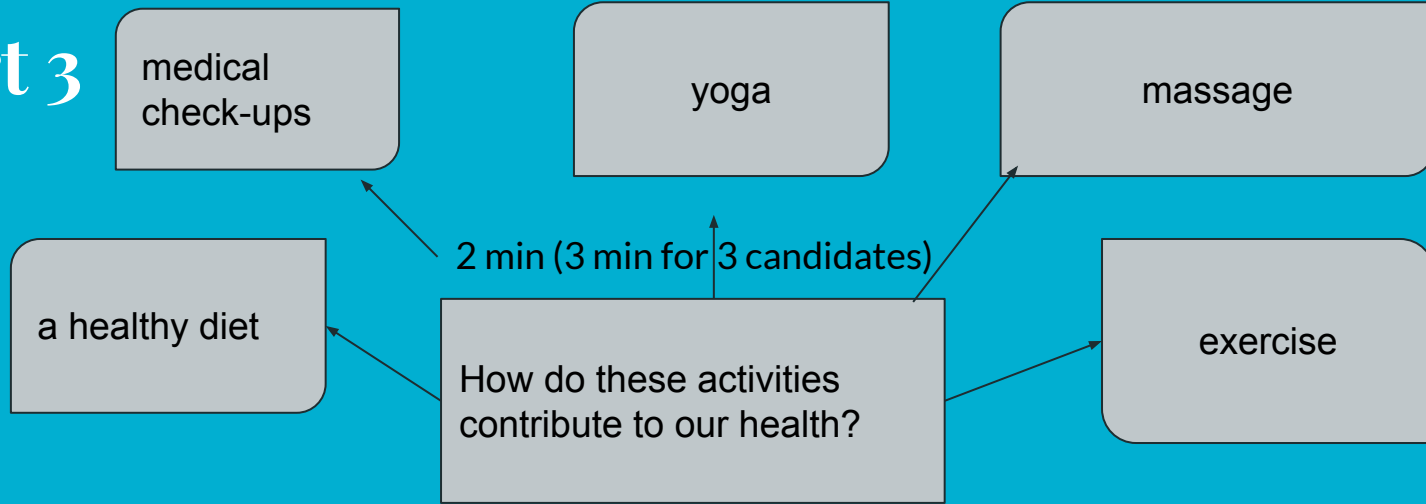
Candidate A: How effective are these activities as a means of keeping fit?

Why are the activities so popular? (1 min)



Candidate A: Who gets the most benefit from activities like these? (30 sec)

Part 3



Which two activities are the most important for staying healthy? (1min) (2 min for 3 candidates)

to eradicate diseases

cut down on caffeine

to diagnose illness

to increase life expectancy

healing properties

detrimental effect

Part 4

What do you do to stay fit?

How important is it for physical education to be taught at schools?

In your opinion, what does a healthy diet consist of?

What everyday situations undermine our health?