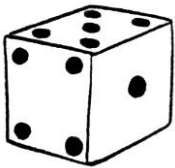


# Let's Talk

## HEALTH



- Find your question by rolling your die twice. The 1<sup>st</sup> roll determines the number on the top. The 2<sup>nd</sup> roll determines the number on the left. **Talk for one / two minute(s) about that topic.** Your classmates will ask you follow-up questions. Your classmates can ask you anything if you land on "Ask Any Question".



1

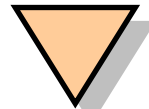
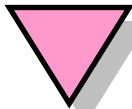
2

3

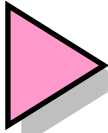
4

5

6



1



How often do you catch a cold?

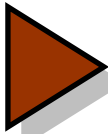
Explain how to stay healthy.

What foods can help you stay healthy?

Why is it important to have medical insurance?

Talk about a time you got hurt.

2



Which is worse: only 4 hours of sleep or 12?

What is the best kind of exercise?

Why is "fast food" or "junk food" bad for you?



How can exercise improve your health?

Why is too much stress unhealthy?

3



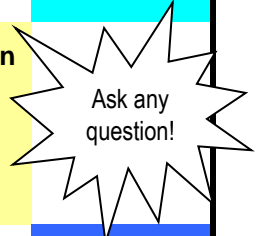
How can a person live to be over 100 years old?

Why is it important to wash your hands?

Why is smoking unhealthy?

What can you do if you have trouble sleeping?

Describe an accident you had before.



4



What are some ways to stop smoking?



Would you like to be a doctor? Why (not)?

Do you have a healthy lifestyle?

Describe first aid for a burn on your finger.

Do you always wear a seatbelt? Why (not)?

5



Describe first aid for a cut on your finger.

Who is the healthiest person in your family?

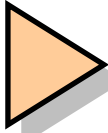
Are you nervous when you visit a doctor?

What is the best way to deal with stress?



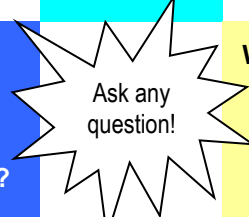
Describe a home treatment for a headache.

6



Is it a good idea to take vitamin pills? Why (not)?

What is your favorite way to exercise?



What kinds of things cause stress?

Why do some people start smoking?

Where does air pollution come from? How can we reduce it?