

Communicative examples

Expressing and supporting opinions			
Express your opinion and support it with facts and examples			
Firstly,	I think	that ...	
Secondly,	I believe		
Finally,	I feel		because ...
Also,	In my opinion, ...		so ...
In addition,	As I see it, ...		therefore ...
Moreover,	As far as I'm concerned, ...		

Agreeing / disagreeing	
I agree with ...	because ...
I disagree with ...	
I disagree. In my opinion, ...	
On the contrary, I think/believe that ...	

Defining		
Diet is the food	which	we eat every day.
Nutrients are substances		are essential for the maintenance, repair, growth, and reproduction of all our body tissues.
Carbohydrates	give us	energy.
Fats		energy and help keep the body warm.
Proteins	help	the body grow and repair injuries.
Minerals		build strong bones, teeth and soft tissues.
Vitamins		fight germs, make energy from other foods, keep skin, eyes, bones, nerves and teeth healthy.
Fibers		digest our food and get rid of solid waste.

Giving instructions or suggesting		
Doctors recommend	that you	eat 5 portions of fruit and vegetables a day.
I suggest		
You need to		walk or play sports for 30 minutes every day.
You have to		
You should		

GOING TO SCHOOL:

WALKING TO SCHOOL (AT LEAST
PART OF THE WAY) OR RIDING
BIKE TO SCHOOL

GOING TO SCHOOL:

GOING TO SCHOOL BY CAR OR
BUS

TAKING BREAKS:

GOING FOR A SHORT WALK

TAKING BREAKS:

SURFING THE INTERNET

EATING OUT:

BRINGING HEALTHY SNACKS
AND LUNCH FROM HOME

EATING OUT:

EATING FAST FOOD AT LUNCH
OR GRABBING SNACK FROM
VENDING MACHINES

HAVING FUN:

WALKING WITH FRIENDS OR
PLAYING SPORTS DURING FREE
TIME

HAVING FUN:

WATCHING TV OR SURFING THE
INTERNET DURING FREE TIME

SHOPPING FOR FOOD:

BUYING HEALTHY, FRESH FOOD

SHOPPING FOR FOOD:

BUYING PACKAGED, PROCESSED
FOOD

HEALTHY AND UNHEALTHY LIFESTYLE CHOICES

Pick one card and tell your partner if you think that the lifestyle on the card is **healthy** or **unhealthy**. Try to support your opinion with examples or facts.

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Healthy

GOING TO SCHOOL:

WALKING TO SCHOOL (AT LEAST PART OF THE WAY) OR RIDING BIKE TO SCHOOL

EATING OUT:

BRINGING HEALTHY SNACKS AND LUNCH FROM HOME

TAKING BREAKS:

GOING FOR A SHORT WALK

SHOPPING FOR FOOD:

BUYING HEALTHY, FRESH FOOD

HAVING FUN:

WALKING WITH FRIENDS OR PLAYING SPORTS DURING FREE TIME

Unhealthy

GOING TO SCHOOL:

GOING TO SCHOOL BY CAR OR BUS

EATING OUT:

EATING FAST FOOD AT LUNCH OR GRABBING SNACK FROM VENDING MACHINES

TAKING BREAKS:

SURFING THE INTERNET

SHOPPING FOR FOOD:

BUYING PACKAGED, PROCESSED FOOD

HAVING FUN:

WATCHING TV OR SURFING THE INTERNET DURING FREE TIME