



ENGLISH | MARC HUCKLE | @ [www.intercambioidiomasonline.com](http://www.intercambioidiomasonline.com)

# Intercambio Idiomas Online

B2 FIRST: PART 3 AND 4  
(8)

Now, I'd like you to talk about something together for about two minutes.

I'd like you to imagine that you are talking about **health**. Here are some of the ideas they are thinking about and a question for you to discuss. First you have some time to look at the task.

How can these influences be negative for your personal health?

- overexercising
- sleep deprivation
- stress and anxiety
- junk-food
- loneliness

Now, talk to each other about **why these things could have a negative influence on your health**.

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Thank you. Now you have about a minute to decide **which has the worst influence on health**.

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Thank you.

*Now, discuss these questions, in order, as appropriate:*

- Is it possible to exercise too much?
- What is the best way to follow a balanced diet?
- Is it important to sleep for eight hours a night?
- Do you ever suffer from stress?
- What is the best way to stay healthy?