



Discuss these questions:

1. Do you follow a balanced diet?
2. Have you ever gone on a diet to lose weight?
3. Do you like all types of foods?
4. Which is better for you, fish or meat?
5. Is it healthy to be a vegetarian?
6. When was the last time you ate out in a restaurant?
7. Is it ever ok to eat junk-food?
8. What's your opinion of the food in your country?
9. Is it easy to stick to a strict diet once you start?
10. Do you put on weight easily or not?
11. What's the easiest way to eat healthily?
12. Is eating healthily more expensive than eating whatever you like?
13. Do you need to cut down on eating anything unhealthy?
14. Do you normally change your diet when you want to get in shape?
15. Are people in your country in danger of becoming more and more obese?