

PERSONAL WRITING: HEALTH AND FITNESS

A2 | Adults / Teens | Guided Writing | 25-35 minutes

Answer each question. Write a complete sentence on the line below.

1. Are you healthy?

2. What do you do to stay healthy?

3. How often do you exercise?

4. Is your diet healthy?

5. How often do you eat junk food?

6. Do you eat a lot of fruit and vegetables?

7. Do you smoke?

8. Do you make your own food?

9. Do you have a lot of stress in your life?

10. How many hours do you sleep every night?

11. If you want to live a long life, what should you do?

12. Have you ever been on a diet?

13. What is the best way to keep looking young?

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Possible answers: Read the examples. Your own answers can be different.

1. Are you healthy?

Example: I am fairly healthy, but I could exercise more.

2. What do you do to stay healthy?

Example: I walk every day and try to cook fresh food.

3. How often do you exercise?

Example: I exercise three times a week.

4. Is your diet healthy?

Example: My diet is mostly healthy, although I enjoy sweets sometimes.

5. How often do you eat junk food?

Example: I eat junk food about once a week.

6. Do you eat a lot of fruit and vegetables?

Example: Yes, I try to eat fruit and vegetables every day.

7. Do you smoke?

Example: No, I do not smoke.

8. Do you make your own food?

Example: Yes, I make most of my meals at home.

9. Do you have a lot of stress in your life?

Example: I have some stress, but exercise helps me manage it.

10. How many hours do you sleep every night?

Example: I usually sleep for about seven hours.

11. If you want to live a long life, what should you do?

Example: You should eat well, stay active and make time to relax.

12. Have you ever been on a diet?

Example: Yes, I tried a diet once, but now I focus on balanced meals.

13. What is the best way to keep looking young?

Example: The best way is to sleep well, protect your skin and stay positive.
