

Activity Type

Reading, writing, listening and speaking activity

Language Focus

Health

Aim

To complete questions in a health questionnaire and then ask and answer the questions in a group.

Preparation

Make one copy of the worksheet for each student.

Level

Pre-intermediate (A2)

Time

30 minutes

Introduction

In this health worksheet activity, students complete questions in a health questionnaire and then ask and answer the questions in groups.

Procedure

Give each student a copy of the worksheet.

Explain that the students are going to complete a questionnaire to find out how healthy they are.

Tell the students to complete the eight questions about health with the question words in the box at the top of the worksheet.

When the students have finished, check the questions with the class.

Answer key

- | | |
|--------------|--------------|
| 1. How often | 5. How often |
| 2. How much | 6. How many |
| 3. Do | 7. Are |
| 4. How | 8. What |

Now, tell the students to write their answers to the multiple choice questions in the column marked 'You'.

If the students feel they want to answer in another way, tell them to create an additional multiple choice answer C or D.

Next, divide the students into groups of three.

Tell the students to write the names of the other students in their group at the top of the two columns.

The students then interview each other using the questions on the worksheet. Students write their classmates' answers in the column under their name.

When the students have finished, they discuss the answers to the questions in their groups. Students also discuss and answer the two questions at the bottom of the worksheet.

Afterwards, get feedback from the groups and have them tell the class how healthy they think their classmates are based on their answers.

A. Complete the questions with the words in the box.



What How many Do How often x2 Are How much How

B. Write your answers to the multiple choice questions in the column marked 'You'.

How healthy are you?	You		
1. _____ do you play sport or do exercise? a) more than twice a week c) hardly ever b) once or twice a week			
2. _____ sleep do you usually get a night? a) four to six hours c) more than eight hours b) six to eight hours			
3. _____ you eat fruit and vegetables every day? a) yes b) no			
4. _____ do you travel around? a) on foot c) by bicycle b) by car or public transportation			
5. _____ do you eat junk food? a) more than twice a week c) hardly ever b) once or twice a week			
6. _____ glasses of water do you drink a day? a) one to three glasses c) seven or more glasses b) four to six glasses			
7. _____ you stressed? a) yes b) no			
8. _____ kind of snacks do you eat the most? a) fruit or nuts c) chocolate or sweets b) potato chips			

C. In groups of three, write the names of your group members at the top of the other two columns. Then, interview them about their health using the questions above.

D. Now, discuss your answers to the questions. Which multiple choice answers do you think indicate the healthiest choices? Why? Who has the healthiest lifestyle in your group? Why?