

Healthy living

Pre-task:

Look at the picture: What makes up a healthy lifestyle? Have you got any further ideas?



Image 1

Task 1:

Tell your partner, what you do or avoid to stay healthy and explain, why you find these aspects important.

I pay attention to ...

I ... a lot

The most important thing in my opinion is ...

I ... once/twice/x times a week/a day...

... helps with ...

If you don't ..., you'll get ...

Task 2:

Introduce your partner to some internet health guides or health blogs from your country, which you like.

Compare the internet guide or blogs with those from your partner's country.

- What is the difference between the blogs or websites?
- Is there different advice from the different countries?
- Kann man die Unterschiede mit der unterschiedlichen Kultur erklären?

- Do the websites or blogs mention things which may not exist in your partner's country in the same form? (e.g. specific foodstuff, drinks, environments)
- Are there any official health guides (e.g. from the government)? Do they say the same in both countries?

Explanations:

If you find any cultural or factual differences, try to give historical, customs or environmental explanations.

In Germany/France/ ... we have many... (e.g. mineral springs)
 xy (geographical location) is world famous for ... (some health benefit, healthy foodstuff, etc.)
 As early as the xth century ... (famous person) advocated the benefit of ... (health procedure).
 The ... therapy was developed in ... (year)/ ... years ago.
 x invented ...
 There is no ... in ...(geographical location)

Follow-up activity:

Discuss: Is there any health advice that you don't agree with? What do you think about „detox“, „cleansing“ or „dry January“?

Sources

Image 1 <https://pixabay.com/en/adult-artistic-beauty-concept-diet-84478/>