



UI3 (Unit 4)

1. Do you collect anything, or did you collect things when you were younger?
2. Which of the following are important for a healthy lifestyle? How do they help?
 - food
 - where you live
 - sleep
 - money
 - exercise
 - stress
3. Do you know anyone who has made lifestyle changes? Talk about it in detail.
4. Think about your lifestyle in five years' time. What goals do you have?
5. Talk about your goals and predictions using some of these topics:
 - studies and/or work
 - travel
 - achievements
 - activities and experiences
6. How many hours of sleep did you get last night? Was that normal for you?
7. Do you ever oversleep? Talk about an example.
8. How long does it usually take you to fall asleep?
9. Do you do anything to help yourself fall asleep?
10. How often do you have trouble sleeping?
11. Do you usually remember your dreams?
12. Do you ever snore?
13. What happens if you don't get enough sleep?
14. How much exercise do you usually do in a week?
15. What kinds of exercise do you do?
16. How easy or difficult is it for you to make yourself exercise?
17. Which is harder: moderate exercise or vigorous exercise? Why?
18. Which quality allows you to bend and move your body easily?
19. Which quality allows you to continue running or cycling for a long time without getting tired?
20. What do you know about your country's traditions?
21. Which traditions does your family or community preserve?
22. How do you think lifestyles have changed between generations?
23. Which older traditions are at risk of disappearing? Why?
24. Which older traditions do you think the next generation might be interested in?
25. How might the following affect people's lifestyles?
 - larger populations in cities
 - increased pollution
 - better access to technology



Pair Work

➤ **Situation 1**

- Student A: Talk about traditions in your family.
- Student B: Talk about traditions in your country.

➤ **Situation 2**

- Student A: Talk about your sleep habits and compare them with your partner's.
- Student B: Listen to Student A and talk about your sleep habits.
(Use phrases related to sleep)

➤ **Situation 3**

- Student A: Talk about what you will be doing in ten years' time.
- Student B: Talk about what you will have done by next weekend.
(Use future continuous and future perfect)

➤ **Situation 4**

- Student A: Talk about your future lifestyle using these topics:
 - exercise
 - food
 - money
- Student B: Talk about your goals using these topics:
 - health and lifestyle
 - English
 - activities and experiences