**Card 11**

You will give a talk about **health problems**. You will have to start in 1.5 minutes and speak for not more
than 2 minutes (8- 12 sentences).
**Remember to say:**- what health problems worry young people
- if it is easy or difficult to solve health problems, why
- what suggestions for solutions to any of these problems you can make

1. **Introduction**

Our bodies are like machines. We need do exercises to keep strong and healthy, improve our physical fitness and state of mind.

1. **Main body**
2. What health problems worry young people?
* Students who attend schools often feel stressed or tired especially when they have exams or do tests.
* They sometimes suffer from eye strain because they spend too much time working on the computer or other electronic gadgets.
* Sometimes young people have headaches and insomnia.
1. Everybody knows that it is not easy to solve health problems. Staying in good health takes time and a lot of effort.
2. It is possible to cope with … . For example, opticians recommend that you should … Doctors warn that … Their advice is to …

There are many natural remedies (such as garlic, honey, ginger) that are great for our immune system.

What we eat and how much plays a big part in our physical health/ in how we feel. I believe young people should …/ should not …

1. **Conclusion**

In conclusion, I would like to say that … (if you want to be happy, look after yourself).

To sum up, I’d like to say that …

**Recommended Vocabulary:**

* regular amount of physical activity
* do the type of activity you enjoy
* go for long walks in green spaces/ in the park
* ride a bike
* exercise in the gym
* eat a healthy balanced diet with plenty of fruit and vegetables
* think/ be positive
* improve one’s mood
* be fit, well and feel good