

## PRODUCCIÓ I COPRODUCCIÓ DE TEXTOS ORALS (PCTO)

### Food and health



**PART 1. Conversation.** Talk to each other about some of the following. (5 minutes approx).

1. What do you usually eat in a day, and how do you try to keep your diet balanced?
2. If you could change one thing about your diet to make it healthier, what would it be and why?
3. Some people say that fast food should be avoided completely, while others think it's okay in moderation. What's your opinion?
4. Have you experienced 'emotional eating'? Why do you think is happening? How can this be avoided?

**PART 2. Monologue.** Talk about one of the following ideas. (2 minutes approx.).

The examiner may ask you further questions about the topic.

#### Candidate A

- Have your eating habits changed over the years? How?
- What is the connection between healthy eating or sleeping habits and being mentally healthy? What good habits should people have?

#### Candidate B

- Do you think a vegetarian or vegan diet is healthy? In what ways could it be good and in what ways bad?
- What about other types of dieting, such as intermittent fasting, low-carb diets, gluten free diets? Are they always appropriate for everybody? Why or why not?