

PRODUCCIÓ I COPRODUCCIÓ DE TEXTOS ORALS (PCTO)

Food & Health

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



1. How often do you exercise to stay healthy, and what activities do you enjoy?
2. Have you ever tried a diet?
3. What do you think about frozen and ready-made meals? Do you think the way we eat will change a lot in the future?
4. When was the last time you were sick? What kind of illness did you have?

PART 2. MONOLOGUE Talk about at least two of the following ideas. (2 minutes approx.)

The examiner may ask you further questions about the topic.

Candidate A

- How often do you see your friends to play sports or go out to eat? When will you meet next?
- A time you used an app or smartwatch to help you stay healthy.
- An exercise you think you will do in the future to stay healthy, but you don't do it now.

Candidate B

- Have you ever tried food from another country? What did you think of it?
- A time when you weren't eating very healthily. What did you do to improve your diet?
- Changes you would like to see in your city to encourage more outdoor exercise.