

## SET 6 CANDIDATE B

### TASK 1 MONOLOGUE

- Read the introduction to the topic and the suggestions.
- Choose one or more ideas to talk about. You may add your own ideas.
- Talk for between **3.30 to 4 minutes**.

### FOOD AND HEALTHY LIVING



- Your habits: eating and exercise
- How diet has changed in your country over the last generation. Reasons
- The importance of education: children and obesity
- Eating experiences: the best/worst meal you have ever had
- Stress in our lives. Causes and effects. How to fight it.