## 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.