Task 1
Monologue

- Read the introduction to the topic and the suggestions.
- Choose three or four ideas to talk about. You may add your own ideas.
- Talk for between three and a half to four minutes.

Health and Food

- Obesity, food disorders, junk food.
- Organic food, pesticides, additives.
- How healthy is your diet / lifestyle?
- Dieting: different kinds of special diets. Your opinion.
- Stress of life today? Ways to combat stress.
- National Health system vs. private health insurance.