

KEEPING HEALTHY DISCUSSION TOPICS

Some overweight people think that reducing their daily food intake to a couple of pieces of fruit and a few raw vegetables (e.g. carrot or celery) without exercising, will help them lose weight quickly.

1. What are the dangers of “crash diets” like this?
2. What is the value of exercise in helping weight loss?

Michael is a high school student. Before exams, he stays up late, often till midnight or later, studying. He says that by taking plenty of multi-vitamin capsules, he feels bright and alert and this stops him getting sick.

1. Is Michael correct?
2. What alternative plan would you suggest for Michael to keep healthy and study effectively?

Today’s society is quite different from that of 100 years ago. What are some of the factors which affect your health that have changed in the last 100 years?