Health and lifestyle: conversation questions for English classes

24 question cards in three level bands. Print, cut and let learners draw a card, or share the page on screen.

A1–A2 · Beginner and elementary

How many hours do you sleep?

HEALTH AND LIFESTYLE · A1–A2 ENGLISHCUE.APP

Do you do any exercise? What?

HEALTH AND LIFESTYLE · A1–A2 ENGLISHCUE.APP

What do you eat when you want to be healthy?

HEALTH AND LIFESTYLE · A1–A2 ENGLISHCUE.APP

How much water do you drink a day?

HEALTH AND LIFESTYLE · A1–A2 ENGLISHCUE.APP

How do you feel today?

HEALTH AND LIFESTYLE · A1–A2 ENGLISHCUE.APP

What do you do when you have a cold?

HEALTH AND LIFESTYLE · A1–A2 ENGLISHCUE.APP

Do you walk a lot?

HEALTH AND LIFESTYLE · A1–A2 ENGLISHCUE.APP

What time do you go to bed?

HEALTH AND LIFESTYLE · A1–A2 ENGLISHCUE.APP

B1–B2 · Intermediate

What is one healthy habit you have and one you would like to have?

HEALTH AND LIFESTYLE · B1–B2 ENGLISHCUE.APP

What do you do when you feel stressed?

HEALTH AND LIFESTYLE · B1–B2 ENGLISHCUE.APP

Have you ever tried to give something up? Did it work?

HEALTH AND LIFESTYLE · B1–B2 ENGLISHCUE.APP

What advice would you give someone who cannot sleep?

HEALTH AND LIFESTYLE · B1–B2 ENGLISHCUE.APP

How has your lifestyle changed in the last five years?

HEALTH AND LIFESTYLE · B1–B2 ENGLISHCUE.APP

Is it easy to eat well where you live?

HEALTH AND LIFESTYLE · B1–B2 ENGLISHCUE.APP

What did your grandparents do to stay healthy?

HEALTH AND LIFESTYLE · B1–B2 ENGLISHCUE.APP

Do you prefer exercising alone or with other people?

HEALTH AND LIFESTYLE · B1–B2 ENGLISHCUE.APP

C1–C2 · Advanced

Why is it so hard to change a habit even when we know it is bad for us?

HEALTH AND LIFESTYLE · C1–C2 ENGLISHCUE.APP

Is good health mostly a matter of personal choice or of circumstances?

HEALTH AND LIFESTYLE · C1–C2 ENGLISHCUE.APP

Should employers be responsible for their workers' mental health?

HEALTH AND LIFESTYLE · C1–C2 ENGLISHCUE.APP

Are health apps and smart watches helping people or making them anxious?

HEALTH AND LIFESTYLE · C1–C2 ENGLISHCUE.APP

Why do health trends come and go so quickly?

HEALTH AND LIFESTYLE · C1–C2 ENGLISHCUE.APP

Should healthcare be completely free for everyone?

HEALTH AND LIFESTYLE · C1–C2 ENGLISHCUE.APP

How much should we try to live longer rather than better?

HEALTH AND LIFESTYLE · C1–C2 ENGLISHCUE.APP

What does a healthy society look like, beyond hospitals and doctors?

HEALTH AND LIFESTYLE · C1–C2 ENGLISHCUE.APP

Useful language

- You should... / You'd better...
- I'm trying to cut down on...
- to work out · to give up · to take up
- If I were you, I'd...
- I feel run-down / exhausted / much better.
- a balanced diet · a check-up · a habit