

BACCALAURÉAT PROFESSIONNEL

ÉPREUVE ORALE SPÉCIFIQUE – ANGLAIS

PRÉVENTION SANTÉ ENVIRONNEMENT

**SECTION EUROPÉENNE
DURÉE DE L'ÉPREUVE : 20 minutes**

La calculatrice et le dictionnaire ne sont pas autorisés.

HEALTHY LIFESTYLE

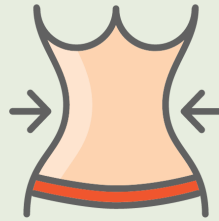
Situation

You are on a 10-month work placement in Austria. Your flatmate is feeling bad because he is stressed and he has gained weight. He is asking for help.

Tasks

You are expected to :

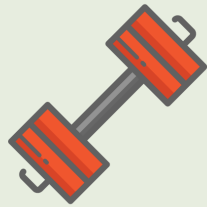
- explain to him what a healthy lifestyle is
- tell him what he should do



LIFESTYLE

TIPS FOR THE HEALTHY LIFESTYLE

1. EXERCISE REGULARLY



Increases Blood Circulation

Helps in Digestion

Burns Extra Fats

2. DRINK ENOUGH WATER

Keeps You Hydrated

Improves Metabolism

Makes Your Skin Look Great



3. GET PLENTY OF SUNLIGHT



Great Source of Vitamin-D

Prevents Various Skin Diseases

Reduces Risks of Various Cancer

4. GET ENOUGH SLEEP

Reduces Stress

Makes You Feel Fresh

Take atleast 6-8 Hours of Sleep



5. AVOID EXCESS SUGAR



Increases Chances of Diabetes

Damages Pancreas

Causes Obesity