

**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.*

**PHYSICAL HEALTH**

Situation

You are on a 10-month work placement in Austria. Your Austrian colleague is sick and tired. You decide to help him and give him advice about a healthier lifestyle.

Tasks

You are expected to :

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

INFOGRAPHICS

# HEALTH & WELLNESS

**M**  
30  
minutes of  
daily exercise



**W**  
18  
minutes of  
daily exercise

{ A vegetarian lifestyle has been promoted for a healthy lifestyle and weight loss }




17%  
of children and  
adolescents  
are obese


An average person  
will eat about  
**60,000**  
pounds of food



**480,000**  
people die due to  
Cigarette smoking  
every year



31%  
of the world's  
population does  
not get sufficient  
exercise



**2,100 calories**  
The recommended  
caloric intake  
for teens

51% vs. 34%  
The proportion of  
women vs. men who  
said they are trying  
to lose weight.



11% vs. 23%  
The proportion of women  
vs. men who said they  
are trying to lose weight  
by exercise alone



A normal heart  
beats about  
**100,000**  
times daily

