

PART 1:

What is your favourite colour?

Greenish blue, by far.

What do you do?

I devote life to teaching.

Where do you reside?

In the well-known city Granada

How do you commute to work?

Driving my car, of course.

What is your favourite time of the year?

I'm crazy about Christmas time.

PART 2

What do you do to keep fit?

Well, I keep a balanced diet and I go to the gym or running outdoors since I am a sport lover! I also try to drink quite water.

What should we do in order to adopt a healthier lifestyle?

On the one hand, we should avoid saturated fats in your meats. On the other hand, it's really important to do a little sport and sleep well enough,

How often do you see a doctor?

Normally, I must admit I go to the doctor ones a month as I believe that is extremely important that you have a control about your mental and physical healthy.

Are you happy with the Health care System in your country? Explain.

Well, I consider that in my country there're many people that keep a sedentary life and this lifestyle isn't really good if you want to feel happy about your health.

In what ways can taking physical exercise benefit your health?

Firs of all, the physical exercise help to keep a strong heart. On the other hand, it gets you to release stress and you have a better rest.

PART 3

In this section, you are in a club chat room talking to another member. The other member will ask you a series of questions. You should answer all three questions to the best of your abilities.

Both tasks should take you approximately 10 mins to complete. You need to answer each question using 30 to 40 words per answer.

You are talking to Monica in the club chat room. Talk to Monica using complete sentences. Use 30-40 words per answer. You have 10 minutes to complete all 3 answers.

M: Hello. I see you're new to our club. I've been a member for nearly a year now. Why did you decide to join?

Hi! I decided to join since a close friend of mine recommended me because of I broken my leg the last week and I believe It's a good idea to spend time so I wondered why not?

M. How do you manage to keep a balanced diet these days? Do you really think it helps prevent heart diseases?

Of course! A balanced diet not only prevent diseases but also it gets you to feel really happy with yourself, without any doubt. In my case, I try to combine diet with some sport since I like it the best!

M: I literally don't get why junk food is considered to be that harmful! I have pizza and hamburgers every other day and I am alive and kicking! What do you think?

Strange as it sounds, I don't like it very much. You should avoid to eat this meat all time since it contained a wide range of saturated fats that are considered dangerous to our heart, so you shouldn't abuse.

PART 4

You are a member of a Health Club and you receive the following email:

Dear Member,

We are writing to tell you that the next meeting of our health club (nutrition and cardiovascular diseases) has been postponed for 5 months since the venue we were supposed to hold the meeting has closed down. Upon extensive research the next most affordable we could find is located just outside the city centre (one hour by car) with availability on the 15th of May. The deposit that you have already paid will be held and used for the May meeting. Please contact the club secretary if you need to change your plans or would like a refund.

Write an email to a friend expressing your feelings and what you are planning to do. (50 words)

Hi Peter, what a nuisance!

Have you heard that our club want to organize the event in a place really far from us?

We are asked to give them our opinion and suggestions about the situation and so I'll undoubtedly do it.

What about you?

Write back soon.

Kisses,

Laura

Write an email to the Club secretary. Write about your feelings and what you would like to do. Suggest possible alternatives (120-150 words).

Dear Sir/Madam:

I'm writing as soon as I have read the email to express my strong dissatisfaction about the situation. I believe to change the place for the event there isn't a good idea since the area is located really far from us and I don't agree as I haven't car.

I must tell you I'm extremely upset because I don't looked forward it! To make matters worse, I was deeply offended by the lack of solution offered by the club.

In my view, I consider there are other alternatives such as celebrate the event other day or choose some place outdoors if the premises weren't available for this date.

I understand that you required to respond formally to my complaint. Should you find any suitable solution for this situation, please do not hesitate to contact me.

I expect to hear from you as soon as possible.

Yours faithfully,

Laura.