Exercice sur le conseil

Imagine que tu es un nutritionniste. Sers toi du guide santé pour conseiller Sally, Simon et Dana sur leur style de vie. Indique ce qu’ils devraient ou ne devraient pas faire, ce qu’ils n’ont pas besoin de faire et ce qu’ils doivent ou ne doivent pas faire. Rédige un texte ou un dialogue.

Sally
Occupation : sportswoman
Problems :
- Short of breath, quickly

Simon
Occupation: Businessman
Problems: 
- Under stress, overworked,

Dana
Occupation : Student
Problems: 
- Tired out, bites her fingernails,

Quels conseils donnerais-tu dans les situations suivantes ?
Ex : Julie lost John’s cd and he wants it back today -> She should (she’d better) go and buy another one !

a) Kevin wants to go to a concert next Saturday and there are only a few seats left (seats = places)
b) Harry’s parents are on their way back home and the house is in a mess (in a mess = untidied)
c) Ron has lost his credit card

d) Vera can’t remember if her friends are coming tonight or tomorrow night
e) John took his test paper home last night !
f) Look at Diana’s scooter ! Her brake light is broken !

CHANGE YOUR LIFE
A guide to health and diet.
- Eat lots of calcium-rich food
- Take regular exercise.
- Quit smoking.
- Cut down on (reduce) alcohol.
- Relax at lunch time.
- Avoid (don’t eat) large meals late at night.
- Drink at least 8 glasses of water a day.
- Eat fish, fruit, vegetables.
- Cut down on fats and sugar.