

# Zdrowie

Cards	HEARTS ♥	SPADES ♠	DIAMONDS ♦	CLUBS ♣
<b>Ace</b>	Do you agree that healthy food is boring?	Do you think holidays are a good time to get into shape?	What could be the disadvantages of special fitness holiday?	Does positive thinking make you healthier?
<b>King</b>	What are the advantages of learning to relax effectively?	What are the disadvantages of organic food?	What is more important physical health or mental well-being?	What could be done to encourage young people to live healthily?
<b>Queen</b>	When would you go for a medical check-up?	Why is sleep important?	What happens when you don't get enough sleep?	Is organic food popular in Poland?
<b>Jack</b>	How can we help disabled people?	How often do you exercise?	In what situations would call an ambulance?	What qualities does a paramedic need to have?
<b>10</b>	Why is leading a healthy lifestyle so important?	How effective are campaigns promoting health?	Why do teenagers start smoking?	What problems do disabled people face every day?
<b>9</b>	How much water do you drink every day?	Do you drink enough water? How much should you drink?	Would you like to work as a doctor? Why?	Describe a situation when you got injured.
<b>8</b>	How could you cheer up a friend in hospital?	What do you do when you have a cold?	Do you lead a healthy lifestyle?	How often do visit your GP?
<b>7</b>	How many breaks do you take when you study?	How do you relax before exams?	What do teenagers often become addicted to? Why?	Why is it important to teach people about addictions?
<b>6</b>	What do you do to cope with stress?	Does what you eat affect how you feel?	What does stress do to your body?	What do you do to relax?
<b>5</b>	Is there any way to help people in poor countries get better health care?	What do you do to stay healthy?	Describe your last visit at the doctor's.	Do you suffer from stress?
<b>4</b>	How difficult is everyday life if you have a disability?	What advice would you give to a friend who wants to lose weight?	Do you think you have a healthy lifestyle? Why?	Would you consider working in the medical profession?
<b>3</b>	When did you last have a high temperature?	What medicine do you usually take?	Have you ever been in hospital? Why?	Have you ever visited someone in hospital? Why?
<b>2</b>	How are you feeling today?	What do you usually do when you feel a bit ill?	How often do you usually have a general health check?	How many colds do you think you get a year?