



*Don't dig your grave with your own knife and fork*  
Old English Proverb

---

# Dieting

1. Have you ever been on a diet?
2. What are the advantages and disadvantages of following a specific diet plan?
3. Are carbohydrates important in our diet? What are some good sources of healthy carbs?
4. What role does protein play in our body? What are some examples of protein-rich foods?
5. Why are vitamins important for our health? What are some common food sources of vitamins?
6. How does fat contribute to our diet? What are some examples of healthy fats?
7. Is being thin the same as being fit and healthy?
8. Do you think dieting can be dangerous?

## That's Conversation!

Do you like the free Conversation Cards? Do you use them in class?

Now you can access even more engaging and thought-provoking content ready to use in your conversation class.

Check out **That's Conversation!**

**That's Conversation MniEbooks** will provide you with intuitive exercises that both inspire discussion and teach new language. You can use them in their original digital format for your online class, or you can print them for use in a more traditional classroom setting.

For the topic of **food and appearance** get:

### That's Conversation! - Arguments

<https://ice-breaker.pl/produkt/thats-conversation-arguments/>

What's inside?

- 16 different tasks to involve your **B1/B2/C1** students in thought-provoking discussions
- Phrases and expressions of strong, neutral and partial agreement and disagreement
- Softening disagreement
- Suggestions for further or prior reading (articles) and listening (videos) with direct links
- Topics for students' own research, projects or homework.

### That's Conversation! - Flavours

<https://ice-breaker.pl/produkt/thats-conversation-flavours/>

What's inside?

- Sixteen different tasks to get your **B1/B2/C1** students talking about food and culinary traditions
- Tasks to enhance proficiency in using countable and uncountable nouns
- Practice exercises for quantifiers
- Suggestions for further or prior reading (articles) and listening (videos) with direct links
- Topics for students' own research, projects or homework.

Zarówno karty konwersacyjne, jak i MiniEbooki "That's Conversation!" podlegają ochronie na mocy prawa autorskiego. Możesz je drukować i udostępniać uczniom wyłącznie na potrzeby prowadzonych samodzielnie zajęć. Nie możesz ich jednak kopiować w celu udostępnienia osobom trzecim, tak w celach komercyjnych, jak i bezpłatnie.