

## Preventive Care – Physical Activity and Good Nutrition

Directions: Students listen to the instructor read the dialog aloud a few times.  
Students practice the dialog with the instructor and then with a partner.  
Students can choose different answers from the box or make up their own.

**Alana:** Hi Rosa. You look great! What's new?

**Rosa:** Thank you. I started walking four days a week for 30 minutes.

quit smoking.

started drinking more water.

started riding a bike to school.

quit eating at fast food restaurants.

started eating healthy snacks, like apples and almonds.

started eating more fruits and vegetables.

started strength training with weights.