

## TASK 2 ORAL MEDIATION (Marks: 15)

### HEALTHY LIFESTYLE

Explain the information in the picture below to a classmate who was absent last week and needs the information to prepare a project. Use your own words. Remember that your explanation needs to be about the information below, **not about your personal opinion**. You may need to use some of the words in the text, but **do not copy expressions and/or full sentences**. You may want to use your own examples to clarify your explanations. (About 2 minutes).

**BENEFITS OF HEALTHY FOOD AND EXERCISE**

The infographic illustrates the benefits of a healthy lifestyle. It features two women exercising, a collection of healthy foods, and various health-related icons. The benefits listed are:

- HEALTHY HEART
- LESSEN EFFECT OF ASTHMA
- OVERALL MENTAL HEALTH
- STRENGTHEN IMMUNE SYSTEM
- PHYSICAL STRENGTH
- STRENGTHENING JOINTS AND STABILITY

It also includes a 'HEALTH CHECK' section with a stethoscope, a clipboard, a measuring tape, and a scale. Below this is an 'UNHEALTHY' section with icons for a burger, fries, a soda bottle, a beer, and a cigarette with a red 'X' over it, indicating that these are unhealthy choices.

**HEALTHY FOOD** ✓

**UNHEALTHY** ✗

dreamstime.com ID 138544432 © Jehsomwang