



MATURITA CARD | Health and Healthy Lifestyles

A COMPARE AND CONTRAST

- Look at the pictures on the other side of this card. What does each picture show? What trends, themes or ideas do they represent? What is happening in each picture?
- Compare and contrast them. In what ways are they similar? In what ways are they different?
- How do these pictures make you feel? Do they remind you of anything from your own life and experience?

B ALL ABOUT YOU

- How important are health and fitness to you? Why? Are they things you think about much? Why or why not?
- What do you do to keep yourself healthy? What exercise do you do? What is your diet? What else? What things about your lifestyle could be better?
- Do you have experience of any systematic diets that are supposed to support healthy living (such as veganism, paleo, keto, etc.), whether yourself or through someone you know? What is the diet, what are its rules and what was it like in practice?
- What do you do to support your mental wellbeing?
- Do you follow any health, fitness or wellness influencers? If so, talk about them. How do they affect your attitudes, behaviour and feelings about yourself and others?
- Do you have any experience of the healthcare system in your country? Describe some of your experiences.
- Explain how healthcare works in your country as though you are explaining it to someone who has no experience of it, such as a person living abroad.
- What are your memories of living through the covid-19 pandemic?
- Have you ever considered a healthcare-related career? Why or why not?

C SHARE YOUR THOUGHTS

- Do you think healthcare should be a human right? Why or why not? Who should pay for it? What about elderly care, mental health care, care for people with lifestyle-caused health issues, and care for children?
- What policies could the local or national government introduce to support public health? What could be the downsides to these policies?
- Choose one of the following issues and say what you think about it: laws against tobacco use; care for the elderly in this country; the so-called obesity epidemic; cosmetic surgery; medical cannabis use and regulation; compulsory vaccination; surcharges for medical care (= added fees, e.g. for prescriptions, overnight hospital care).
- What do you know about the various systems of healthcare in different countries? What do you think are their strengths and weaknesses?

D WHAT IS....?

Give a definition of each of these terms.

- private healthcare
- health insurance
- diet
- lifestyle diseases
- disability
- surgery
- mental health
- ambulance
- A&E / ER
- addiction
- check-up
- inpatient vs outpatient care

E QUOTE, UNQUOTE

"The right to health for all people means that everyone should have access to the health services they need, when and where they need them, without suffering financial hardship."
Dr Tedros Ghebreyesus

"Under the American system you have a right to health care if you can pay for it. To call 'medical care' a right will merely enslave the doctors and thus destroy the quality of medical care."
Leonard Peikoff

"Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries."
Mark Halperin

"A calm mind brings inner strength and self-confidence, so that's very important for good health."
Dalai Lama

"Take more responsibility for your health. Keeping you healthy is not your doctor's job, nor your spouse's. It is your job."
Ken D. Berry