Unit 11

1. **Let's talk about natural disasters.**

Sub-questions:

• Which types are most common in your region?

• Do you think some disasters are entirely man-made?

• Can anything be done to prevent or reduce their damage?

• Are governments doing enough to prepare people?

2. **How prepared do you think people really are for emergencies?**

Sub-questions:

• What kinds of preparation are actually useful?

• Is it even possible to be fully prepared?

• Do you think fear is useful or paralyzing in such cases?

• If you were caught in an earthquake, what would be your first instinct?

3. **Can the world ever unite to solve global environmental issues?**

Sub-questions:

• What are the main obstacles?

• If all countries worked together, how quickly do you think we'd see results?

• Do developed countries have a moral obligation to lead this fight?

• Would climate change still exist if oil had never been discovered?

4. **Do you think one person's effort can make a difference?**

Sub-questions:

 • If no one recycles, is it still worth doing on an individual level?

 • What kind of impact can one household have over time?

 • Have you ever felt your small changes weren't enough?

5. **Let's talk about garbage**

Sub-questions:

 • What kind of waste is the most harmful today?

 • What is "invisible waste"? (e.g., digital waste, fast fashion)

 • Do you think there's such a thing as a truly disposable item?

 • How should we deal with waste created by technology?

6. **Do you support banning disposable products?**

Sub-questions:

 • If plastic bags were banned, how would it affect your life?

 • Which single-use items are hardest to replace?

 • Do you think industries put profits over sustainability?

7. **What environmental habits would you like to change in your own life?**

Sub-questions:

 • What stops you from making those changes?

 • Is convenience too powerful to resist?

 • If it cost more, would you still stick to eco-friendly choices?

11. Is it too late to stop climate collapse?

Sub-questions:

• If we started today, what could still be done?

• Are we doing just enough to feel good, or are we actually solving anything?

• Do we need drastic measures or slow transitions?

• Can innovation solve our problems, or have we relied on it too much?

• Have we put too much faith in science instead of behavior change?

12. Should environmental crimes be treated as seriously as violent crimes?

Sub-questions:

• If a company dumps toxic waste, who should be held accountable?

• Do you think justice is strict enough on environmental violators?

13. To what extent should individuals be held responsible for environmental damage?

Sub-questions:

• Can small lifestyle changes actually create large-scale impact?

• What's the danger in relying too heavily on collective action?

• Do you think guilt is an effective motivator for change?

14. Is it realistic to expect international cooperation when it comes to climate action?

Sub-questions:

• What historical examples suggest otherwise?

• If powerful nations refused to participate, should global agreements proceed without them?

• Should developing nations be held to the same environmental standards as wealthy ones?

15. Has modern society made it impossible to live sustainably?

Sub-questions:

• Are convenience and sustainability fundamentally incompatible?

• Is it even realistic to expect people to "go green" without financial incentives?

• If your lifestyle became inconvenient, would you still choose sustainability?

Unit 12

Target Language

Quantifiers, hypothetical situations, prepositions and gerunds

Food and drink, health

1. **How do you think the increasing popularity of fast food has shaped global health trends?**

Sub-questions:

• In what ways has convenience food influenced modern society's eating habits?

• If fast food chains didn't exist, would the global obesity crisis be as severe?

• Are fast foods inherently unhealthy, or is it a matter of consumption patterns?

2. **To what extent is a balanced diet achievable in modern society?**

Sub-questions:

• What do you think are the biggest challenges people face when trying to eat healthily?

• If you had to choose only five types of food for a balanced diet, what would they be?

• Is the concept of a "balanced diet" overly complicated in today's world?

3. **Should governments be responsible for ensuring that the public follows a healthy diet?**

Sub-questions:

• Should there be stricter regulations on unhealthy food products, like sugary snacks or sodas?

• If laws were implemented to limit junk food consumption, would people rebel?

• Are we overly dependent on government guidance in health matters?

4. **How has the rise of veganism and alternative diets affected traditional food cultures?**

Sub-questions:

• Do you think veganism is more of a passing trend or a long-term lifestyle shift?

• If everyone suddenly became vegan, what would the global food economy look like?

• Is veganism a choice driven by health or environmental concerns?

5. **What role do prepackaged or processed foods play in modern diets, and should we be concerned about their impact on health?**

Sub-questions:

• Are preservatives and additives necessarily harmful, or are we overestimating their danger?

• If food manufacturers were forced to eliminate all preservatives, what would happen to the food industry?

• Do you think processed foods should be banned or better regulated?

6. **What do you think about the idea of a "one-size-fits-all" diet? Is it possible to create a universally healthy diet?**

Sub-questions:

• How can someone know what diet works best for their body type and metabolism?

• If you had to follow a global diet, would it focus on specific food groups or variety?

• Are diets more effective when tailored to the individual or should they be generalized?

7. **How can we encourage younger generations to develop healthier eating habits without over-restricting their choices?**

Sub-questions:

• Should schools play a more active role in educating children about nutrition?

• If young people had more access to healthy foods, would they choose them over junk food?

• Are food advertisements targeting children responsible for poor eating habits?

8. **Do you believe that social media has influenced our perception of healthy eating?**

Sub-questions:

• Has the rise of influencers promoting specific diets led to positive or negative trends?

• If you could control social media trends, how would you shape the conversation around food and health?

• Should health and food-related content be regulated on social media platforms?

9. **How can the rise of sedentary lifestyles be combated, and what role does diet play in this issue?**

Sub-questions:

• Can exercise alone counteract the effects of sitting all day?

• If people were forced to adopt a more active lifestyle, how would it impact society's overall health?

• Is it possible to remain healthy in a sedentary job, or should we all be striving for physical activity?

10. What's your opinion on the claim that "we are what we eat"?

Sub-questions:

• How much do you think our diet directly affects our mental and physical health?

• If society ate entirely plant-based, what changes do you think would happen to public health?

• Can the quality of our food affect our emotional well-being?

12. How do you feel about the idea that food is a major factor in preventing chronic diseases?

Sub-questions:

• Are there certain foods that should be considered "preventative medicine"?

• If you were to redesign healthcare, would you focus more on diet or treatment?

• Can better access to nutritious food truly reduce healthcare costs?

13. How do food trends such as gluten-free, keto, or paleo diets influence people's long-term health?

Sub-questions:

• Are these trends scientifically proven to benefit health, or are they more about personal preference?

• If everyone followed the keto diet, would the long-term effects be sustainable or damaging?

• Do you think food trends sometimes distract people from the bigger picture of a balanced diet?

14. In your opinion, is it possible to balance environmental concerns with health when choosing a diet?

Sub-questions:

 • How do you think the food industry can become more sustainable without sacrificing nutrition?

 • If people stopped eating meat altogether, would that solve both environmental and health problems?

 • Should ethical concerns about food production (like factory farming) be part of a person's health decision-making process?