

ROLEPLAY

STUDENT A (Do not show to Student B)

You work as a nutritional therapist. One of your clients who is really overweight wants some advice from you on what is the best/least painful way of losing weight. You don't know the client so you have to ask him/her questions about food s/he eats, eating habits, exercise, smoking, etc. (think of other questions, take notes, ask about details, etc.). You believe the only way s/he could lose weight is to change her/his lifestyle completely. Nothing else will help in your opinion. Try to warn him/her about the health problems connected with obesity and persuade him/her to do something about it.

ROLEPLAY

STUDENT B (Do not show to Student A)

You have an appointment with a nutritional therapist. You want to lose some weight but not too much (currently you weigh 120 kg). You are a bit lazy and think that maybe exercising once a week will be enough. You like to eat a lot, smoke a lot, drink a lot and you hate sports. You're not planning on a complete change of your lifestyle. So far you have had no problems with your health. You don't like people who try to persuade you to do something you don't want to do. You can ask the nutritional therapist questions about latest research concerning diet pills, liposuction, the negative sides of exercising, etc. (the easier ways of losing weight).

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