

## Healthy Lifestyle (teacher's notes)

### 1. Warm-up (Activity 1) 7 mins

**Aims:** to break the ice and foster a safe environment for learning.

**Procedure:** Draw SS' attention to four pictures and ask SS in pairs to speculate about them. You can provide weaker SS with useful phrases:

*I can see.....in the first picture.*

*I think...*

*He/she is often/always/rarely....*

Conduct a group feedback.

### 2. Vocabulary work (Activity 2) 5 mins

**Aims:** to present new words and collocations on the topic `Healthy Lifestyle`

**Procedure:** Ask SS to choose the correct definitions. They should guess from the context. Let them work in pairs before checking as a whole group.

**Key:**

1. a 2. c 3. b 4. c 5. a 6. b 7. b

### 3. Discussion (Activity 3) 7 mins

**Aims:** to raise SS' interest in the topic, provide free speaking practice and apply new vocabulary in the discussion

**Procedure:** Ask SS to discuss the questions in pairs. Change partners and let them report the most interesting information which they've found out about their previous partners.

### 4. Picture discussion (Activity 4) 10mins

**Aims:** to practice new vocabulary in an entertaining way.

**Procedure:** Ask SS to choose the best meal from the given pictures, describe this picture and explain your choice.

### 5. Reading for gist (Activity 5) 3mins

**Aims:** to organize reading for gist.

**Procedure:** Ask SS to read the text by themselves and explain what the health triangle is.

### 6. Text discussion (Activity 5) 4mins

**Aims:** to raise SS' interest in the topic, provide free speaking practice and apply new vocabulary in the discussion

**Procedure:** Discuss the questions in pairs. Let the SS report the most interesting information about the health triangle in their life.

**7. Video discussion** (Activity 6) 10 mins

**Aims:** to provide SS with listening practice and encourage speaking for fluency.

**Procedure:** Set the task and play the video. Let SS discuss in pairs what they've seen. Check listening comprehension. Have a group feedback.

**8. Sum up** 4 mins

Summarise the lesson and tell SS what results they have achieved (Now you can ... After our speaking lesson you will be able to....) Ask them if they have any questions. Explain what SS need to do at home.