

Catching a Cold**Instructor:** Claire CHOI**Class:** Class 121 (4 Students)**Level:** Intermediate**Class time:** 20:40 – 21:00 (20 minutes)**Materials:** Worksheets**References:** www.5minuteenglish.com
www.english-to-go.com**Lesson Aims:**

1. Ss will learn conditional sentences from the activity and practice them for different situation.
2. Ss will carefully read the 'catching a cold' story and solve the true or false questions without looking at the story again.

Language Skills:

1. Reading : Reading the story about catching a cold.
2. Speaking : Speaking to the partner during the activities and answering the questions.

Language Systems:

1. Lexis:
Symptom / Cure / Congestion
Fever / Remedy
2. Grammar :
If I have a cold, ---.
Have a Cold / Catch a cold

Assumptions about Students:

1. Ss experienced and suffered from a cold in the past.
2. Ss can express how it felt.

Possible Problems & Solutions

1. Time management

If class runs too quickly -> Back up discussion. If runs too slowly, -> Give Ss time warning several times or give Ss h/w.

| Time | Interaction Pattern | Description of Activities | Purpose (Why) |
|---------------|---------------------|---|--|
| 20:40 – 20:42 | T-S | Greeting Ask students how they are feeling. Tell them I wasn't feeling well yesterday. Explain the symptoms. I have runny nose, fever and sore throat. Ask Ss what is wrong with me. Introduce "Catching a cold" and "Symptom" | Warm-up Lead-in Eliciting |
| 20:42 – 20:45 | S-S | ACTIVITY 1 Ask Ss to look at the worksheets with 10 pictures on them. Ask Ss to describe the picture with words or simple phrases. Ask Ss to work in pairs. Give Ss 3 mins. ICQ: How much time do we have? | Warm up Introducing today's topic |
| 20:45 – 20:47 | T-S | Go through the answers by asking Ss one by one. | |
| 20:47 – 20:50 | S-S | ACTIVITY 2 Give Ss worksheets and ask them to work in pairs. Ask pairs to match the problem with the remedy by drawing a line. Give Ss 3 mins. ICQ: How much time do you have? | Learn conditional sentences. |
| 20:50 – 20:53 | T-S | Ask S, one by one, to answer each question and rest of the Ss repeat after him/her. | Practice conditional sentences. |

| | | | |
|----------------------------|-----|--|---|
| 20:53 – 20:56 | S | Ask Ss to read 'catching a cold' story. Give them 3 mins. Ask them to have the story paper faced down when they are done reading.. | Read |
| 20:56 – 20:58 | S-S | Ask Ss to work in pairs and do the true/false quiz. Ask them not to look at the story paper. Give them 2 mins. ICQ: Can you look at the story paper? | Make sure Ss understood what the story is about. |
| 20:58 – 21:00 | T-S | Ask Ss to answer each questions. If there is enough time, ask Ss to make one conditional sentence they have learned from the lesson. | Review |
| Back up activity 5 mins | S-S | Ask Ss if they have any special solution to get over a cold as fast as possible. Share T's story first. (I used to have a hot and spicy bean sprout soup that mum has made for me and I sweat it off.) | Ss will share their ideas by practicing conditional sentences they learned during the lesson. |

Appendices

Appendix 1. ACTIVITY 1 (Worksheet)



someone washing their hands; sneeze; garlic; vaccination; lemon and honey drink; nose drops; cough syrup; cough; aspirin; throat lozenges;

Appendix 2. ACTIVITY 2 (Worksheet)

- | | |
|---|---------------------------------------|
| 1. If I have a cold, | a. I wash my hands a lot. |
| 2. If I have a cough, | b. I eat garlic. |
| 3. If I have a headache, | c. people usually say "Bless you." |
| 4. If I don't want to catch the flu, | d. I drink lemon and honey drinks. |
| 5. If I have a sore throat, | e. I take some aspirin. |
| 6. If I have a blocked nose, | f. I can get a vaccination. |
| 7. If I have a high fever, | g. I suck throat lozenges. |
| 8. If I don't want to catch a cold, | h. I have a warm shower to cool down. |
| 9. If I sneeze, | i. I take some cough syrup. |
| 10. If I want to get over a cold quickly, | j. I use drops. |

Answers: diefg/jhacb

Appendix 3.



Many people catch a cold when the weather changes. It makes us wonder... if scientists can send a man to the moon, why can't they find a cure for the common cold. The answer is easy. There are literally hundreds of kinds cold viruses out there. You never know which one you will get, so there isn't a cure for each one.

When a virus attacks your body, your body works hard to get rid of it. Blood rushes to your nose and brings congestion with it. You feel terrible because you can't breathe well, but your body is actually "eating" the virus. Your temperature rises and you get a fever, but the heat of your body is killing the virus. You also have a runny nose to stop the virus from getting to your cells. You may feel miserable, but actually your wonderful body is doing everything it can to kill the cold.

Different people have different remedies for colds. In the United States and some other countries, for example, people might eat chicken soup to feel better. Some people take hot baths and drink warm liquids. Other people take medicines to stop the fever, congestion, and runny nose.

There is one interesting thing to note- some scientists say taking medicines when you have a cold is actually bad for you. The virus stays in you longer because your body doesn't have a way to fight it and kill it. Bodies can do an amazing job on their own. There is a joke, however, on taking medicine when you have a cold. It goes like this:

If takes about 1 week to get over a cold if you don't take medicine, but only 7 days to get over a cold if you take medicine.

Appendix 4.

True or False

1. There is a cure for the common cold.

- ☐ True
- ☐ False

2. There are 22 different cold viruses in the world.

- ☐ True
- ☐ False

3. Heat in your body kills viruses.

- ☐ True
- ☐ False

4. Congestion means your head feels hot.

- ☐ True
- ☐ False

5. Some people eat chicken soup to feel better when they have a cold.

- ☐ True
- ☐ False

6. Scientists always think taking medicine is good when you have a cold.

- ☐ True
- ☐ False

7. Bodies work hard to try to get rid of viruses.

- ☐ True
- ☐ False



Answers: FFTFT/FT