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| **☐ Listening ☐ Speaking ☐ Reading ☐ Grammar ☐ Writing** |
| **Topic: Food & Health** |

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| **Instructor:**  **Cho** | **Level:**  **Intermediate** | **Students:**  **6** | **Length:**  **30 Minutes** |

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| **Materials:**   * **Listening mp3 file(each about 3minutes)** * **Video through "Youtube"** * **Gap fill worksheet(8copies)** * **Board & Marker** |

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| **Aims:**   * **Main : To enable students to improve their listening skills by watching and listening** * **To learn vocabulary and expressions by matching the sheet** * **Let them know their knowledge of health** |

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| **Language Skills:**   * **Listening : Try to catch a variety of words while watch video or mp3 file** * **Speaking : Comparing answers within pair work** * **Writing & Reading : Take a note & dictation** |

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| **Language Systems:**   * **Lexis : Vocabulary used in the article** * **Discourse : Discussion within group** * **Function : Asking questions** |

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| **Assumptions:**   * **Students know their own favorite food or exercise** * **All students are adult(Age 20above)** * **Students will understand the scipt without having problem** |

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| **Anticipated Errors and Solutions:**   * **Students may not be able to understand some words**   **→ Before listening, students will learn new vocabularies in the acticle** |

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| **References:**  **(Lead-In)**  [**https://www.youtube.com/watch?v=aXsrxmGWohI**](https://www.youtube.com/watch?v=aXsrxmGWohI)  **(Main activity)**  [**http://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-160818**](http://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-160818)  **(Post activity)**  [**https://www.youtube.com/watch?v=Bf7N43O21sM**](https://www.youtube.com/watch?v=Bf7N43O21sM)  **(Pre activity)**  **power point files** |

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| **Lead-In** | | | |
| **Materials: video, White board, Maker** | | | |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| **8 min** | **Whole**  **Class** | **Watch video** | **All of you have your favorite food?**  **Right?**  **(Ask questions to some students)**   * **What is your favorite food?** * **Whtat is your unfavorite food?**   **(After listening to students' answers)**  **Ok. I guess who's fussy eater or not!**  **(CCQ)**  **Do you know the meaning of the fussy eater?**  **If say "yes" - listen their thinking**  **and add explaining it**  **what I have**  **"no" - explain its definition**  **(there are people who don't eat a balanced food / They only eat what they want. Also It causes a bad health)**  **Now, let's watch a video from youtube which is going to show you something.**  **Just enjoy it!**  **(Ask students' feeling)**  **- How did you feel during**  **watching the video?**  **- Who would like to be the contestant in that Competition?**  **The video we've seen, participants seem to be very "innomal people".**  **Also, they have a strong digestive systems.**  **Eating is one of the most important part**  **in our lives.**  **Ok! Today, I'm going to talk about**  **food and health** |

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| **Pre-Activity** | | | |
| **Materials: power point** | | | |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| **6min** | **Whole class** | **worksheet papers** | **(CCQ)**  **- Do you think, food is related**  **to health?**  **- Why do you think like that way?**  **- Our body generally needs to obtain**  **3 things which are…?**  **(Ask students and hear answers form students)**  **Food usually has some kinds of nutrients which are mainly proteins, fats and carbohydrate.**  **So, I'm going to show you food and body photoes on PPT**  **You can guess what those are,**  **(Let students repeat what I say)**  **Next! Here's the match games for you.**  **Match correctly.**  **I'll give you 2 minutes to do this**  **and think about their roles of our body.**  **(CCQ)**  **Ok! How many times you can spend for the matching games?**  **(Students may say "2minutes")**  **Right! Start!**  **Ok. Let's have a check**  **what you have done**  **Did you have all correct answers?** |

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| **Main Activity** | | | |
| **Materials: Audio, work sheet** | | | |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| **10min** | **Whole**  **Class** | **Listen audio and work sheet** | **Now we know a variety of food and health knowledge.**  **Here is a listening audio.**  **It's linked to our topics aswell!**  **Alright, are you ready to listen to it? Sure?**  **Ok! Let's get started!**  **You also can fill it out blanks in your sheets.**  **Before getting the answers, compaired with your partner and discuss about the blanks what you have.**  **Times up! Well done?**  **You want to listen again? Before having the answers?** |

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| **Post Activity** | | | |
| **Materials: Video** | | | |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| **4 min** | **Whole**  **Class** |  | **Ok, Watch video and think again about a balanced diet.**  **So, what is the balannced diet?**  **What are side effects if having a unbalanced diet?**  **As you know, It is difficult for you to eat a balanced diet!**  **Last question for you!**  **What is the key-point today?**  **What have you learned so far?**  **Yes! before getting finished,**  **I would like you to know this one**  **"You are what you eat!"** |

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| **SOS Activity** | | | |
| **Materials: Paper** | | | |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| **5min** | **Whole**  **Class** |  | **I am going to give you a paper.**  **You need to make your own daily rountine of eating.**  **Think about what you have eaten**  **whole day and draw or write it to**  **your paper.**  **(After done worksheet)**  **you check your own habit of eating and consider yourself about health.**  **Also, compared with your partners.** |