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|  ■ Listening □ Speaking □ Reading □ Grammar □ Writing\*\*\*Mainly Listening but integrated of all skills. |
| **Topic:** How to Eat Healthy |

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| **Instructor:**Yuna Lee | **Level:**Upper Intermediate(Adult) | **Students:**12  | **Length:**30 Minutes |

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| **Materials:*** White board & Color markers
* Realia : Food Flashcard (Appendix 1)
* 12 Empty Pieces of paper for mind map (Appendix 2)
* YouTube Video clip *“How To Trick Your Brain and Stomach to Eat Less and Lose Weight Fast”*
* 12 pieces of paper with Color Pencils & Crayons (Appendix 3)
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| **Aims:** * **Main :** Ss improve their listening skills by Listening and understating the topic
* **Secondary :** Ss can have better knowledge about healthy diet and being creative by drawing
* **Personal :** I want Ss to think it is interesting topic to learn and elicitate Ss
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| **Language Skills:** * **Listening** : Ss will listen to ‘How To Train Your Brain To Eat Healthier!’ Video
* **Speaking** : Ss will discuss about the food like to eat
* **Reading** : Ss can read the short script about the topic
* **Writing** : Ss will lists healthy and unhealthy foods
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| **Language Systems:** * **Grammar** : Singular and Plural (Food vs Foods, French Fry vs French Fries. )
* **Lexis** : Learn New Vocab (Atumn Squash, Cauliflower, Zucchini etc)
* **Phonology** : Sounds. Vegetable, Avocado, Broccoli, Celery etc
* **Discourse :** “Do you think eating French fries for your meal is healthy?” “No It’s NOT.”
* **Function** : Purpose “What do you think eating healthy is important?”
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| **Assumptions:****Students already know*** How the class is set up and run (3 Group - 4 Student at each table)
* Experienced teacher’s style of teaching
* Familiar with each other and Classroom Environment and setting
* Basic vocabulary of food ingredients
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| **Anticipated Errors and Solutions:*** If some student don’t know much about name of the food ingredients
	+ Give them examples of Food Flashcard
* If some student have different opinions about the good food or taste of the food
	+ Explain to Ss that it is important to respect other people’s culture & preference.
* If there are some time left
	+ SOS activity: Make them to draw “Ideal diet meal” with color pencil
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| **References:*** YouTube

“How To Trick Your Brain and Stomach to Eat Less and Lose Weight Fast”<https://www.youtube.com/watch?v=0doFbF3zK-g>* Google Image “ Healthy Meal”

<https://www.google.co.kr/search?q=healthy+meal&biw=1280&bih=928&source=lnms&tbm=isch&sa=X&ved=0ahUKEwjO9s328K_QAhWCvLwKHaByAtUQ_AUIBigB> |

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| **Lead-in** |
| **Materials**: None |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| 1min | WholeClass | Greeting to each otherHaving Conversation Ss<-> T | *“Hi, everyone! How are you?**Did all you guys had a good weekend?”* |

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| **Pre-Activity** |
| **Materials**: Realia, White board & Color markers |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| 3min | Whole Class | - Showing their interest to the Visual Aid- Answering to teacher’s questions | **Elicitating**student to speak by asking & using Realia, “Food Flash Card”* *“What do you think we are going to talk about today?”*
* *“What are the food ingredients that you know?”*
* *“Can you tell what names of these vegetables are?”*

**New Vocabulary***Write down some of the difficult words on the board in alternative position.* |

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| **Main Activity** |
| **Materials**: * 12 Empty Pieces of paper for mind map
* Youtube listeining Material (2min),
* 12 pieces of paper with Color Pencils & Crayons
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| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| 3min | Pairs | Writing & Discussing with Partner | **Prediction** Hand out the work sheet for Mind Map Exercise **Instruction***“As you guys guessed, our topic today is about food. Then what are some other related words that come up in your head? I want you guys to be in pairs and write down as many as related keywords you can think of with your partner. I will give you 3min.”* **ICQ***“Are ‘healthy ‘and ‘Diet’ related word of food?”**“Is ‘shower’ related word of food?”*(Give time Ss working on Worksheet)**Monitoring**Are they working in pairs?“You have 1more min to share ideas with your partner.”*“Okay time is up. I think all of you seemed really brain stormed and expended your ideas with you partner. Good Job.”*  |
| 1min | Whole Class | Sharing answers to the whole class by speaking | **Elicitate***“Can each team share some words that you wrote with class?”* **Encourge***“That was very good. Thanks for sharing.”* |
| 10min | Whole Class | Listening | **Instruction***“Now you are going to listen to this 2min audio file, “How To Trick Your Brain and Stomach to Eat Less and Lose Weight Fast.”**Just focus on listening, do not bother taking note. I will play several times. Don’t worry.”***CCQ***“Do you have to take note?”**“How many times you get to listen?”***Instruction***“I am going to play again and this time with Youtube visual”***Checking** *“Okay. What were her recommendations about eating healthy food? Do you want to listen more?”* |
| 3min | Whole Class | Answering & Speaking | **Elicitate** *“There were 5 recommendations about healthy eating habits. What were they?”**“What was her recommended percentage of good and bad food portion?*\*Wait for Students’ Response & Give Feedback |
| 5min | Single | Drawing | **Instruction***“Now I want you to guys draw your own healthy meal. As the recommendation, 75% portion of healthy food and 25% portion of food that you like. Please make it colorful and creative. I will give you 5 min. Let’s begin!”***CCQ***“How many color pencils are you allow to use it?”**“Can you add junk food in your meal?”***Monitoring**Make sure all Ss understood and have the materials. Monitor discreetly. Answer students if they ask. |

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| **Post Activity** |
| **Materials**: 12 pieces of paper with Color Pencils & Crayons  |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| 3min | Whole Class | Walking around the Classroom& Speaking | **Free Production***“Let’s take a look at other Ss work and share the opinion”**1~2 students thoughts sharing***Conclude Lesson**Summarize today’s lesson and wrap up |

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| **SOS Activity** |
| **Materials**: Realia ‘ Food Flashcard’ |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| 3min~until class isover | WholeClass | Speaking, Listening, Being Active | *“We have some time left so I want to play the game using the food flashcard. I want one student to come in front and answering to yes or no question that all students ask. Who guess the first will be the winner.”* **ICQ***“Are we allow to ask Is red?”**Are we allow to ask Is it Banana?”**“Okay let’s start.”***Monitor**Monitor discreetly.*“Okay time is up. Hope you guys enjoy the class. I will see you next time. Thank you.”*  |

**Material**

* Realia : Food Flashcard (Appendix 1)



**Material**

* 12 Empty Pieces of paper for mind map (Appendix 2)



**Material**

* 4 12 pieces of paper with Color Pencils / Crayons (Appendix 3)



**Material**

* YouTube Video Clip

“How To Trick Your Brain and Stomach to Eat Less and Lose Weight Fast”

<https://www.youtube.com/watch?v=0doFbF3zK-g>

