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| ☐ Listening ☐ Speaking ☐ Reading ☐ Grammar ☐ Writing |
| **Topic: The Best ways to lose weight** |

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| Instructors:  **Dami,JK,Min** | Level:  **Intermediate** | Students:  **6** | Length:  **45Minutes** |

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| Materials:  - Board, markers and eraser.  - Laptop and Big screen  - some paper to write down  - Two team name tags  - a picture of obesity |

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| Aims:  - Ss will practice expressing their opinion in English by discussing the topic diet given by teacher.  - Ss will develop the speaking skills by observing other students’ expression.  - Ss will improve speech ability and understand other students’ thought.  - Ss will know about the terms related to a diet subject.  - Ss will learn how to make a debate  - Ss will learn how to convince the people who have a different idea with them.  - Ss get to know how to work out or have a good diet habit which is really helpful for them because it is the topic that everyone has a interest in. |

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| Language Skills:  - Speaking: discussing and debating.  - Listening: listening to the teacher’s instruction and other students’ presentation.  Writing: Some key words that students are writing down during debates and discussions.  Speaking: Having a discussion and a debate with the topic in class |

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| Language Systems:  **-** Lexis : body fat, basal metabolic rate, chubby, nutrition term. Some new jargons related to Diet.  BMI( body mass index): normal :  BMI 20~25  overweight: BMI 25~29.9  obesity : BMI 30~40  extremely obese : BMI 40.1 over  - Function: sharing opinion and getting useful information.  - Phonology : make correct pronunciation and intonation for lexis going to learn. |

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| Assumptions:  - Students have dieting experience and they might fail or success.  - Students can understand various ways.  - Students already know how to diet properly.  I think all students in class might have given it a try to diet once in their lives.  Most of the students in class think that never eating is very helpful.  Some students in class have a experience losing their weight but they have put it back on.  Students will know how to calculate calorie of food roughly exactly and also know how to make a recipe for diet.  Students know full very well that especially carbohydrates, sugar and sodium are too bad for dieters.  I think most of the students in class have gone see a professional for several reasons they have to lose weight at all costs.  All students in class guess that both food and exercise are the most important challenges in their lives. |

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| Anticipated Errors and Solutions:  - If the Ss can’t understand the instruction,  ☞ Teacher will repeat the instruction and ask CCQ again.  - If the Ss can’t present their opinion well.  ☞Teacher will show them guide conversation.  - If class has extra time left,  ☞ Teacher will spend more time in practicing speaking.  - If class while debating talk out of topic  ☞ Give a correction by teacher. |

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| References:  A picture of obesity  <http://news.naver.com/main/read.nhn?mode=LSD&mid=sec&sid1=103&oid=296&aid=0000012170>  https://www.reference.com/health/eat-healthy-diet-26a4cacbd6383180?qo=cdpArticles |

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| **Lead-In** | | | |
| Materials:  Multimedia (computer monitor) | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 10 min | Whole  Class | Students say hello to the teacher.  Students are listening to what the teacher is saying .  Students are looking at the pictures on the monitor. | Good afternoon! Our team members’ names are Dami, Min and JaeKyung. So did you have lunch? What did you have for lunch? We think there is a lot of mouth-watering food such as Korean , Japanese , Chinese and even western as well. Also every type of food has different images we think. For instance, Korean food feels healthy , Chinese and western ones feel oily to eat but Japanese food feels high advanced. Of course what I am saying now varies depending on people’s thoughts. Also we can be willing to say like one of them “ It tastes good or bad after eating food, right? But loads of people are putting on weight by eating a lot especially sweets and instant food. So they try to lose weight every single day. |

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| **Warm up** | | | |
| Materials:  Multimedia (computer monitor), some pictures of obesity and diet. | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 10 min  10min | Whole  Class  Whole  Class | - Ss say hello to the teacher.  - Ss are listening to what the teacher is saying .  - Ss are looking at the pictures on the monitor.  - Ss say hello to the teacher.  - Ss are listening to what the teacher is saying .  - Ss are looking at the pictures on the monitor.  In addition –  - Ss are answering the teacher’s questions. | Our topic for speaking microteaching is Diet. It sounds fresh and new, doesn’t it?? How much do you know about it? Could you tell me about its definition? If we are putting it in a dictionary term, Diet means having a limited meal to lose weight or to stay healthy. This is very similar with what you are saying now. It’s almost never different from your opinion.  As you can see, here are some pictures.(2-3 pictures)  What do you think is common grounds after looking at them? Just don’t hesitate to tell me .  Okay thanks for your positive answers. I think some are stimulated by them and others are confident in their body shape in the world and what’s more important to perform a diet plan is how you eat than what you eat.  From now on, let’s run discussion/debate activities for today’s topic, Diet with us. |

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| **Task Preparation** | | | |
| Materials:  Laptop and Big monitor  Board and board makers  Some sheet to write down to support opinion | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 2minutes  8 minutes | Whole group  Two groups | - Watching the monitor and listening to instruction.  - Discussing | **[Instruction]**  With today’s topic “the best way to lose weight”, we can discuss three things.  ( writing down three things so that students can see)  First of all, Experience!!  I assume that at least one time you have diet and exercise experience in your life because most people want to lose weight to be in a good shape. So you can discuss it together.  Second, How!!  There are a variety of ways to go on a diet and work out. For example, some people believe that fasting is a good way to lose weight while other people insist that eating vegetables instead of meat is helpful. What is your own way?  Last, Result!!  Did you succeed or fail?  If you have successful experience, what made you success?  Now, I will divide two groups. Could you say 1(pointing to one student)? The people who said 1,2,3 will be the same group.  Let’s discuss three things: Experience, How, Result. If you need to write down, I will give you paper.  I will give you 8 minutes.  T: Okay, let’s get started!  (Teacher monitors the ‘task preparation’ activity discreetly)  CCQ  What are three things?  How much time do you have for the discussion?  what is the topic?  Time is up!! |

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| **Task Realization** | | | |
| Materials: papers to write down  bell to tell Ss times up each speech | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 20min | Whole class | - back to their seats  - Listen to teacher  - change sitting as debate position  - get a direction and start debating | So how was your discussion?  Have you guys make any good support idea to convince your idea to the other team?  Now let’s sit down both side as a debate position. I’ll give you piece of paper each person to write down opinions, And we can start debate. Diet VS Exercise,  INSTRUCTION  Each person have 1min 30 second to make a speech, If you want to make a speech just raise your hand little bit. Im going to host so, which one I (teacher) choose can start talk.  CCQ  How many minutes for each speech  How can you have right to speak |

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| **Conclusion** | | | | |
| Materials: | | | | |
| Time | Set Up | Student Activity | Teacher Talk | |
| 2-3m  2-3min | Whole  Class | - Ss are listening carefully to what the teacher is saying. | How was your activity?  I hope you enjoyed it and I think your common sense in everyday life is a little bit different after the activities. OK, now I am giving you homework about how you felt after you just learned our topic, Diet today. Don’t feel burdensome doing it. You can do it!  Okay! Everyone you did a good job! Don’t forget to do your homework tomorrow! See you tomorrow!! (laugh) | |
| **SOS Activity** | | | |
| Materials: | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 5min | Whole Class | - Ss start talk about their experiences | Let’s share about our experience and any funny episode. Anyone volunteer?! |