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| ☐ Listening ☐ Speaking ☐ Reading ☐ Grammar ☐ Writing |
| **Topic: *Nutrition Specialists Talk About Small Diet Changes*** ***that Make a Big Difference*** |

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| Instructor:Ye Jin Choi (Anna) | Level:High Intermediate | Students:4 | Length:30 |

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| Materials: 5 copies of reading material5 copies of worksheets( Voca & Comprehension Q)Board and markers |

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| Aims: To improve reading skills by catching the main idea and details. To improve reading skills by answering to the comprehension questions. To get tips about health and diet.To make their own diet tips (advice) |

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| Language Skills:Reading: reading the article of Nutrition Specialists Talk About Small Diet Changes that Make a Big Difference and worksheets.Listening: Teacher’s talk and classmates talk. Pair workSpeaking: Pair work and answering to questions that teacher asks.Writing: writing their own sentences by answering to the questions and by making their own diet tips. |

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| Language Systems:Lexis : key vocabularyFunction: by making their own sentences in speaking and writingDiscourse: reading an article |

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| Assumptions:-Students already know:* how the class is set up and run (there will be 2 student groups at each table)
* the teacher’s teaching style and the pace of the course
* Students feel free to ask questions.
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| Anticipated Errors and Solutions:-Students may have difficulty in understanding the meaning: Teacher provides more examples.-If the class finished earlier than anticipated: Do SOS activity -If some students finished their worksheet earlier than others: Tell them to check their answers once again. |

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| References:http://healthyleo.com/one-small-diet-change-that-makes-a-big-difference/ |

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| **Lead-In** |
| Materials: 4 copies of reading text |
| Time | Set Up | Student Activity | Teacher Talk |
| 2min | Whole class | Listen and answer to teacher’s questions | Good morning everyone, how are you?Is here someone on a diet? Well, I am. Actually I’m on a diet for 365days, every day. What kind of diet have you done before? How was it? Did it go well?For me since 13, I’ve tried many kinds of diet. And losing and gaining weight was repeated. Anyway today we’re going to read Nutrition Specialists Talk About Small Diet Changes that Make a Big Difference.(give handout) |

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| **Pre-Activity** |
| Materials:Board& markers4 copies of worksheets |
| Time | Set Up | Student Activity | Teacher Talk |
| 8min | Whole class | Listen to teacher’s talk about key vocas.Do the worksheet | Before we read the text, let’s learn some key vocabularies.**VOCA**NutritionSpecialistCrash dietSavorThrow something togetherNow we’re going to do a matching activity.(Hand out worksheets)Match the word on the left to the meaning on the right. Draw a line to match. You have 1 minute. CCQHow much time do you have?Now let’s check the answers. |

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| **Main Activity** |
| Materials:  |
| Time | Set Up | Student Activity | Teacher Talk |
| 15min | Individually PairsIndividually | Read the textWork on the worksheet in a pair.Answer to questions individually | Ok now let’s start reading out text!I will give you about 4minutes.1. **Skimming for the Main Idea**

Now, do the number 1 and 2 in your worksheet. Work in a pair and I will give you 5 minutes to do it.CCQDo you work alone?How much time do you have?(check the answers and tell the main idea)1. **Scanning for Details**

Now work on number 3 to 6 alone. I will give you 3 minutes.Now let’s check the answers together.  |

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| **Post Activity** |
| Materials:  |
| Time | Set Up | Student Activity | Teacher Talk |
| 5min | Whole class  |  | **Free Production**Now I want to get some small diet tips from my students. So could you please write down your own one small diet tip for me and classmates? I will give you 2minutes to think and write it down. *For example*, my small tip for a diet might be, ‘drink more than 2 liters of water’. It helps to eliminate, get rid of waste matter from the body and also to reduce appetite.Ok? Let’s start!Now can you tell me your own tip?(Take turns and talk)**Feedback**Did you have fun today? I hope you think that these tips are quite valuable and useful for your health and diet.See you tomorrow! |

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| **SOS Activity** |
| Materials:  |
| Time | Set Up | Student Activity | Teacher Talk |
|  | Whole class | Have a chat with T and classmates. | Let’s talk about our diet experience. Tell me what went well and what went wrong or bad. Also let’s give tips to each other. |