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| ☐ Listening ☐ Speaking ■Reading ☐Grammar ☐ Writing |
| Topic: The reasons and solutions for tiredness  |

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| Instructor:Seung Hee Lee (Chris) | Level:Intermediate | Students: 10 students | Length:30 Minutes |

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| Materials:* White board, board markers
* 2 Pictures for sparking interest
* Worksheet #1 for New vocabulary
* Worksheet #2 for Main idea
* Worksheet #3 for Details
* Worksheet #4 for Writing (Free production)
* SOS activity worksheet
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| Aims:* Main aim: Students will develop reading skill by answering layered questions about the scientific article.
* Secondary aim: Students will be able to give advice or express their resolutions by writing to themselves.
* Personal aim:

-I want students to think about healthier habits by discussion and writing.-I want to complete a well-organized lesson plan. |

And

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| Language Skills:* Reading: Reading the article for worksheet activities
* Listening: Pair discussion by asking questions, listening to the class free production readings
* Speaking: Answering any questions during the class
* Writing: Writng on advice or resolutions
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| Language Systems:* Phonology: Drilling new vocabulary by choral response
* Lexis: New vocabulary (fatigue, drained, sluggish, vary, routine, lean, poultry,

 eradicate, dehydration, anemia)* Grammar: should (advice) / will and will not (resolution)
* Function: Making questions from the context
* Discourse: Reading the article and free production writing
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| Assumptions:* Students know what skimming and scanning are.
* Students feel tired at any rate.
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| Anticipated Errors and Solutions:* If students have any words that hinder answering

→ Let students ask for teacher’s help.* If any students need more time for activities

→Monitor and give them either extra time or SOS activity sheet.* If any students feel difficult to write on advice or resolutions

→Encourage him or her that writing a few sentences would be fine. |

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| Reference:[https://www.medicalnewstoday.com/Feb.1st,2018’Why](https://www.medicalnewstoday.com/Feb.1st%2C2018%27Why) you feel tired all the time’The Calorie Book by Jung Woo Sonhttps://Dictionary.com |

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| **Lead-In** |
| Materials: 2 pictures (for sparking interest) |
| Time | Set up | Student Activity | Teacher Talk |
| 1 min. | Wholeclass | Raising up hands on any picture implies one’s condition. | Good morning, everyone!There are 2 pictures. Which picture implies your condition on the way here? Please raise up your hands. This? Or this? |

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| **Pre-Activity** |
| Materials: White board, board markers, worksheet#1 (10 copies) |
| Time | Set up | Student Activity | Teacher Talk |
| 2min.2min.1min.2 min.1 min.1min. | PairsWhole classWhole classIndividuallyWhole classWholeclass | Discussing about the guiding questions with a partner.Answering the teacher’s questions.Getting worksheet and listening to the instruction.Answering the question #1 together.Finding answers alone.Matching the definition word and checking correct answers.Choral responding | **1.Prediction**Why do you feel tired? How can you get out of it?(Divide students in pair.) Talk about these with your partner. You have 2minutes.ICQAre you working alone?What are you going to do?How much time do you have?Write 2 categories on the board while wating for the discussion.‘Why do you feel tired?’‘How can you get out of it?’Ask each pair for the answers and board them.Can you guess today’s topic? Good! Today’s topic is,‘The reasons and solutions for tiredness’(Write the topic on the board)**2. Pre-teach (new vocabulary)**Before we read the text, get to know new vocabulary. (Hand out worksheet #1.)INSTRUCTIONFind right words while reading the given definition by yourself. You have 2 minutes. DEMONSTRATION Read the first definition together. What is the answer for the Q. # 1?“Fatigue” Good!ICQAre you working alone?What are you going to do?How much time do you have?Okay, now start.(Monitor discreetly.)Check the answersAsk each student for reading the definition with an answer by turns.Drill new words.  |

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| **Main Activity** |
| Materials: White board, board markers, printed reading article and worksheet #2, #3, #4 (4 sets of 10 copies ) |
| Time | Set up | Student Activity | Teacher Talk |
| 3min.1min.1min.2min.3 min.2min.3min.5min. | IndividuallyIndividuallyWhole classWhole class(Q.#1 &2)Pairs(Q.#3)Whole classIndividually | Reading the article for main idea.Working on the worksheet#2.Checking the answers by reading aloud each question with (T/F) answers.Answering the questions together with a teacher.Discussing with a partner.Checking the answers.Working on the worksheet#4.Presenting their letters and listening to others’ letter. | **1.Skimming for the main idea**(Hand out the reading articlewith worksheet #2 together.)Skim the article first to find the main idea. You have 3 minutes. ICQAre you working alone?What are you going to do?How much time do you have?(Monitor and give time warning.)You have 1 minute left.Ok, time’s up!Now answer your (T/F) questions on worksheet#2. Work alone and you have 1 minute.ICQAre you working alone?How much time do you have?(Monitor and finish students’ working.)Check the answersAsk each student for reading the question with true or false by turns.**2.Scanning for details**(Hand out worksheet #3.)Scan the article this time.Find answers with me.(Q. #1 )Eating a piece of lean meat everyday. (right)Preparing drinking water near you. (right)Getting regular blood check up. (right, for anemia check up)Making a good diet plan. (wrong)(Q.#2)Who needs the most calories?(Maybe both, a male firefighter and an actor)Who needs the least calories between a young woman and a boy? (Yes, a boy because he can’t move much.) (Divide students in pair.)Discuss question #3 with your partner to find as many answers as you can.I will give you 3 minutes. ICQAre you working alone?What are you going to do?How much time do you have?(Monitor and give time warning.)Are you done? (If students ask more time, give them another 30 seconds.)Ask how many answers they got. Board answers from the lowest pair and then add the highest pair’s to complete the activity.**3. Free Production**(Hand out worksheet #4.)Now you write a letter to yourself. It can be some pieces of advice or your resolutions for more energized life!Make it applicable and funny.You will present it in the class.You have 3 minutes.ICQAre you working alone?What are you going to do?How much time do you have?(Monitor and if any students have difficulties on writing, encourage them to make a few sentences. Unless hand out SOS activity workseet to those who finishes early.)Now you have 30 seconds.Okay, time’s up.Now present your letter reading in the class starting from Lizzie.(Go through all.)(Write down students’ grammar errors for the error correction.)Everyone did a great job! |

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| **Post Activity** |
| Materials: White board and board markers |
| Time | Set up | Student Activity | Teacher Talk |
| 2min.1min.1min | Whole classWhole classWhole class | Writing down any errors they made for getting them right.Answering the teacher’s questions. | **1.Error Correction**Before wrapping up today’s lesson, let me review some of your errors. (Board sentences with errors.Use a red board marker to highlight the correction.)**2.Feedback**Did you have fun today?What did you learn today? Did you find anything helpful to apply from today?**3.Wrap-up**Your reading comprehension skill gets better and better. I can tell your hard workings in this hot season.Now you can dismiss.Have a good day! |

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| **SOS Activity** |
| Materials: SOS activity worksheet (10 copies) |
| Time | Set up | Student Activity | Teacher Talk |
| 2min. | Ss who finished their writing  | Working on the SOS activity. | (Hand out SOS activity worksheet to whom finishes writhing.)Find out what the food names are. Directions are in the worksheet. (Individually)Mornitor and ask their guess secretly.(If they aren’t used in the class, hand out the worksheet to every student for doing it at home.)Everyone, I will ask your answers tomorrow. |

* **Worksheet #1**

**\* New Vocabulary**

\* Write the correct word next to its definition.

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| fatigue drained sluggish vary routine lean poultry eradicate dehydration anemia |

1. Tiredness:
2. An abnormal loss of water from the body:
3. To change in form or substance:
4. Moving slowly:
5. Meat of chickens, turkeys, ducks etc. :
6. A disease caused by reduced number of red blood cells:
7. To remove:
8. Regular or habitual procedure:
9. To be deprived of strength:
10. Containing little or no fat:
* **Worksheet #1 (Answer Key)**

**\* New Vocabulary**

1. Tiredness: (fatigue)
2. An abnormal loss of water from the body: (dehydration)
3. To change in form or substance: (vary)
4. Moving slowly: (sluggish)
5. Meat of chickens, turkeys, ducks etc. : (poultry)
6. A disease caused by reduced number of red blood cells: (anemia)
7. To remove: (eradicate)
8. Regular or habitual procedure: (routine)
9. To be deprived of strength: (drained)
10. Containing little or no fat: (lean)

**<The reading article>**

**The reasons and solutions for tiredness**

Everyone feels tired at some point in their lives - whether it's due to a late night out, staying up to watch your favorite TV show, or putting in some extra hours at work. Then what about those times when you hardly pinpoint the cause of your tiredness? What makes you feel tired then? Here are some possible explanations why you could be feeling so drained and the steps that you can take to feel re-energized.

How many hours of sleep do you think enough for you? People aged between 18 and 60 years need seven or more hours of sleep everyday. If the working performance decreases, you should exchange your extra activity times into essetial sleeping hours.

Eating well and drinking right are another advice for dealing with your fatigue. First, you should eat the right amount of calories with regular intervals for your sex, age, weight, and activity level. Eating either too much or too little can make you feel sluggish. Second, you may vary your protein routine for keeping muscle strength. Lean poultry and meat, unsalted nuts and seeds and omega-3-rich seafood are good to think of. Third, you should cut down sugar because it can give you a quick rush of energy, but it wear off fast and make you feel more tired. Lastly, you have to drink enough water for preventing dehydration that results in fatigue, unclear thinking and mood changes. Alcohol or caffeine included beverages are not good choices. Because they lead to dehydrate more water from your body.

When tiredness sets in, sitting on the couch and relaxing could seem to be the only answer. However getting up and moving may be the best thing you can do to re-energize and eradicate fatigue.

In addition, you may deal with your stress level and check up for any health problems like anemia just in case.

* **Worksheet #2**

\* **Main idea**

 Circle T if the statement is true or F if it is false.

1. You can always tell the reasons of your tiredness. ( T / F )
2. Sleeping seven hours can keep you from tiredness.( T / F )
3. The right amount of calorie intake is determined by sex, age, weight, and activity level. ( T / F )
4. If you eat too much, you will feel sluggish. ( T / F )
5. Chicken, almond and squid are the good source of protein. ( T / F )
6. Sugar is good source of energy. ( T / F )
7. Dehydration is one of the reasons for tiredness. ( T / F )
8. When you feel tired, and you want to be re-energized, the first thing you should do is a rest. ( T / F )
9. Full of stress can cause tiredness. ( T / F )
10. Anemia can lead you feel tired. ( T / F )

**● Worksheet #2 (Answer Key)**

**\* Main idea**

 Circle T if the statement is true or F if it is false.

① You can always tell the reasons of your tiredness. ( T / F )

② Sleeping seven hours can keep you from tiredness. ( T / F )

③ The right amount of calorie intake is determined by sex, age,

weight, and activity level. ( T / F )

④ If you eat too much, you will feel sluggish. ( T / F )

⑤ Chicken, almond and squid are the good source of protein. ( T / F )

⑥ Sugar is good source of energy. ( T / F )

⑦ Dehydration is one of the reasons for tiredness. ( T / F )

⑧ When you feel tired, and you want to be re-energized, the first thing

you should do is a rest. ( T / F )

⑨ Full of stress can cause tiredness. ( T / F )

⑩ Anemia can lead you feel tired. ( T / F )

* **Worksheet #3**

**\* Questions for Details**

1. What is the wrong answer for avoiding tiredness?

1. Eating a piece of lean meat everyday.
2. Preparing drinking water near you.
3. Getting regular blood check up.
4. Making a good diet plan.

2. Who is the one eats the least calories?

1. A male firefighter
2. A 7 year old boy with a plaster cast on his leg
3. A working woman in her 20’s
4. An action movie actor

3. This is from Benny’s daily memos of what he ate on July 27th.

 Morning: No breakfast

Lunch: 10 pieces of Tuna Sushi

4:30pm: Coke (500ml) with ice

8pm: Late dinner (pizza) with beer

Write down any problem facts that cause Benny’s bigger tiredness.

* **Worksheet #3 (Answer Key)**

**\* Questions for Details**

1. What is the wrong answer for avoiding tiredness?

① Eating a piece of lean meat everyday.

② Preparing drinking water near you.

③ Getting regular blood check up.

④ Making a good diet plan.

2. Who is the one eats the least calories?

① A male firefighter

② A 7 year old boy with a plaster cast on his leg

③ A working woman in her 20’s

④ An action movie actor

3. This is from Benny’s daily memos of what he ate on July 27th.

 Morning: No breakfast

Lunch at noon: 10 pieces of Tuna Sushi

4:30pm: Coke (500ml) with ice

8pm: Late dinner (pizza) with beer

Write down any problem facts that cause Benny’s bigger tiredness.

**\* No breakfast (No regular intervals)**

**\* Benny should have eaten more calories on his lunch.**

 **(1 piece of Tuna Sushi is about 40 kcal.**

**A male adult’s 1 day calorie recommendation is about 2,000kcal. )**

**\* Coke (High sugar intake; 55grams of sugar=220kcal.**

**WHO’s one day sugar recommendation is 25grams.)**

**\* Late dinner (Break regular intervals)**

**\* Pizza is close to fat than protein.**

**\* Alcohol in beer made him more dehydrated.**

* **Worksheet #4**

**\* Writing (Free production)**

1. Write a letter with advice using ‘should’ to yourself for more energized life.

 (OR)

2. Write your resolutions with using ‘will do’ and ‘will not do’ for avoiding

tiredness.

 (Make your writing either applicable or funny. ☺)

* **SOS Activity Worksheet**

\* Find out food names by ranking the order of activities below.

 Rank them by the lowest to the highest energy use.

(At Home)

* Cleaning the house (**L**)
* Watching TV (**B**)
* Washing dishes (**E**)
* Cooking (**G**)
* Taking a bath (**A**)

(Exercise)

* Swimming (**A**)
* Badminton (**T**)
* Mountain clibming (**K**)
* Bowling (**S**)
* Dance (**E**)
* **SOS Activity Worksheet (Answer Key)**

(At Home)

Cleaning the house (L): 136kcal/hr.

# B

E

G

L

A

Watching TV (B): 54kcal/hr.

Washing dishes (E): 126kcal/hr.

Cooking (G): 110kcal/hr.

Taking a bath (A): 82kcal/hr.

(Exercise)

Swimmimg (A): 382kcal/hr.

K

A

E

T

S

Badminton (T): 246kcal/hr.

Mountaion clibming (K): 600kcal/hr.

Bowling (S): 164kcal/hr.

Dance (E): 300kcal/hr.

**\* Pictures for sparking interest (Lead-in)**



