

Topic: A Healthy Lifestyle				
Instructor:	Level:	Age:	Number of Students:	Length:
Yeochan Yoon	Intermediate	Adult	15	50min.
Materials: <ul style="list-style-type: none"> - Listening worksheets(#1, #2) (15 copies each) - Listening to the dialogue on the internet - Pictures of a man sitting on a couch eating snacks while watching TV And a woman riding bicycle in the park. - Production Worksheets(#5,#6) for New Year's Resolutions(15 copies each) - Vocabulary activities worksheets(#3,#4)(15 copies each) - White board, board markers 				
Aims: <ul style="list-style-type: none"> - Ss will be able to recognize key vocabulary for healthy lifestyle and habits -Ss will be able to pick up details from the real-life talk by answering details questions on a worksheet. -Ss will be able to use vocabulary and expressions for describing healthy/unhealthy lifestyles by pair work for sentence & vocabulary matching, and discussion on worksheets and answering CCQs. -Ss will be able to practice the conversation about healthy/unhealthy lifestyles. -Ss will be able to create their 'New Year's Resolutions' with the new vocabulary and expression that Ss learned. 				
Language Skills: <ul style="list-style-type: none"> - Listening: A conversation about healthy lifestyle - Reading: Listening exercises, fill the blanks, and sentence & vocabulary matchings - Speaking: Healthy or Unhealthy lifestyle with pairs and the whole class - Writing: Writing a new year's resolution focus on healthy lifestyle. 				
Language Systems: <ul style="list-style-type: none"> - Phonology : correct pronunciation for /ph/, /f/, /v/(Physical; Fridge; Cardiovascular) - Lexis: Vocabulary and expressions for health and healthcare - Grammar : Should/ must and have to/ must not - Function: Giving advice - Discourse: Discussing which foods and habits are healthy or unhealthy. 				
Assumptions: <ul style="list-style-type: none"> - Some Ss may already know the vocabulary to present - Quite a number of Ss are interested in healthy lifestyles for healthy diet 				
Anticipated Errors and Solutions: <ul style="list-style-type: none"> - Ss may not be able to follow the passage at once -> let them listen to the dialogue twice and by doing dictation, play the dialogue sentence by sentence. - Some Ss may not be active in the discussion -> Encourage S by asking for his/her opinion of what others are saying. - Ss take longer to complete their task than expected -> Assign as homework or cut reviewing today's topic. 				
References: <p>'A Healthy Lifestyle'. In <i>Randall's ESL Cyber Listening Lab</i>. Retrieved 20. Jan. 2019, from https://www.esl-lab.com/health/healthsc1.htm</p>				
Notes:				

Presentation:

<p>Aims:</p> <p>- Ss will be able to recognize key vocabulary for healthy lifestyle and habits</p>	<p>Materials:</p> <p>- White board, board markers</p> <p>- Pictures of a man sitting on a couch eating snacks while watching TV and a woman riding bicycle in the park.</p>
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Time	Set Up	Student	Teacher
3 min	Whole class	-Answering teacher's questions	<p><i>-Hello everyone! How are you this morning?</i></p> <p><i>- What time did you go to sleep last night? Anyone who went sleep after midnight? What did you do until then? Did you watch TV until late?</i></p> <p><i>- When was the last time you did some exercise? How often do you do exercise? What kind of exercise do you normally do?</i></p>
7 min	Whole class	- Looking at the picture and answering teacher's questions	<p>-(Displaying Pictures of a man sitting on a couch eating snacks while watching TV and a woman riding bicycle in the park on the board and eliciting the topic)</p> <p><i>Ok. What is he doing now? Do you think he has healthy habits?</i></p> <p><i>What about her? What is she doing? Do you think she has healthy habits?</i></p>
	Pairs	- Answering teacher's questions	<p><i>- What kinds of health problems he might have if he continue these habits? (write 1 or 2 health problems given by students)</i></p> <p><i>What benefits she might get when she does exercise in regular basis? (write 1 or 2 benefits given by students)</i></p> <p><i>- Let's share your own ideas with your partner.</i></p> <p><i>-So, here are some questions for you all. What the matters the most when you are planning a summer vacation every year?</i></p> <p>(Elicit key vocabulary by asking questions again and write answers on the board)</p> <p><i>-Now we are going to listen to the conversation about "a healthy lifestyle"</i></p>

Notes:

Practice:

<p>Aims:</p> <p>-Ss will be able to pick up details from the real-life talk by answering details questions on a worksheet.</p> <p>-Ss will be able to use vocabulary and expressions for describing healthy/unhealthy lifestyles by pair work for sentence & vocabulary matching, and discussion on worksheets and answering CCQs.</p>	<p>Materials:</p> <p>-Listening to the dialogue on the internet (length: 01:18)</p> <p>-listening worksheets(#1,#2) (15 copies each)</p> <p>-Vocabulary activities worksheets(#3, #4)(15 copies)</p>
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Time	Set Up	Student	Teacher
5 min	Whole class	-Listening to the conversation and check the answers on the listening worksheet(#1)	<p><Listening for the main idea></p> <p>-Instructions</p> <p>(Play the conversation once and distribute Worksheet#1- Listening Exercise to students)</p> <p><i>Let's listen to the dialogue again and check your answers on the worksheet.</i></p> <p>(If they may not be able to follow the script, let them listen to the dialogue again until they get the essence of the content)</p> <p>-ICQ</p> <p><i>What do you need to do now?</i></p> <p><i>What should you do if you don't understand?</i></p>
		-Answering teacher's each question	<p>-Checking answers</p> <p><i>Share and compare your own answers with your partner</i></p>
10 min	Pairs	-Check and Compare with their partners	
	Individually	-Check the answers on the vocabulary activities worksheets	<p><Listening for details></p> <p>-Instructions</p> <p>(Distribute the vocabulary activities worksheets(#3, #4) and the dictation worksheet(#2) to students)</p> <p><i>Now you are going to do vocabulary worksheets on your own first and after checking the answers, you are going to do dictation by listening to the dialogue one more time.</i></p> <p>-ICQ</p> <p><i>Are you working alone?</i></p> <p><i>What are you supposed to do first?</i></p>
	Pairs	-Answering teacher's each question	<p>-Checking answers for vocabulary worksheets</p> <p><i>Share and compare your own answers with your partner</i></p>
		-Check and Compare with their partners	

			<p><i>Now let's listen one more time to fill the blanks in your dictation worksheet.</i></p> <p>(Play the dialogue again)</p> <p>-Checking answers for the dictation worksheet</p> <p><i>Share and compare your own answers with your partner</i></p>
Notes:			
Production:			
Aims:		Materials:	
-Ss will be able to create their own 'new year's resolution' with the new vocabulary and expression that Ss learned		- Production Worksheets(#5,#6) for New Year's Resolution(15 copies each) - White board, board markers	
Time	Set Up	Student	Teacher
5 min	Whole class Pairs	-Circle own answers on the worksheet -Answering teacher's each question	<p><Discussion></p> <p>-Instructions</p> <p>(Distribute worksheets#5)</p> <p><i>-Let's work as pairs and discuss 'is it healthy or unhealthy?' for your worksheet. You can share your personal opinions and habits with your partner. You have 5 mins.</i></p> <p>-ICQ</p> <p><i>Are you working alone?</i></p> <p><i>What are you supposed to do?</i></p> <p>-Discussion</p> <p><i>-Share your own opinions with your partner.</i></p>
5 min	Pairs	-Share Ss' ideas and things with their partners	<p><Discussion></p> <p>-Instructions</p> <p><i>Well done for the discussion. Would you like to have healthy habits for better lifestyle? As we are in January, we can make a personal goal for improving your life.</i></p> <p><i>What do you call this kind of plan or goal write down on a paper especially at the beginning of each year?</i></p>
10 min	Individually	-Answering teacher's each question	<p>(Distribute worksheets#6)</p> <p><i>- Now you are going to write your own New Year's Resolution on the worksheet. There are 4 questions. What are they?</i></p>

		<p>-Answering teacher's each question</p> <p>- writing New Year's Resolution on the worksheet</p>	<p>-ICQ <i>Are you working alone?</i> <i>What are you supposed to do?</i></p> <p>-Writing <i>You have about 7-8mins to write down your resolution.</i></p>
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Post Production:

Aims:

-Ss will be able to practice the conversation about healthy/unhealthy lifestyles.

Materials:

-White board, board markers

Time	Set Up	Student	Teacher
5 min	Whole class	<p>-Present Ss' ideas freely</p> <p>-Answering what they learn</p>	<p>- <i>Can you share with us what are the resolutions you would like to make in this year to improve your life?</i> (Write resolutions on the board that Ss make)</p> <p>-CCQ - <i>Is 'sleeping late but watching TV' a healthy habit?</i> - <i>What do you need to do to build up your cardiovascular system?</i> -Can you make a sentence by using the words "cut back/ out of shape"? (Choose at least 1-2 students to answer these questions)</p> <p>-<i>Good job everyone! Appreciate your active participation! See you next time!</i></p>

Notes:

1. Listening Script

<https://www.esl-lab.com/health/healthsc1.htm>

A Healthy Lifestyle

Man: Honey, the basketball game is about to start. And could you bring some chips and a bowl of ice cream? And . . . uh . . . a slice of pizza from the fridge.

Woman: Anything else?

Man: Nope, that's all for now. Hey, hon, you know, they're organizing a company basketball team, and I'm thinking about joining. What do you think?

Woman: Humph

Man: "Humph" What do you mean "Humph." I was the star player in high school.

Woman: Yeah, twenty-five years ago. Look, I just don't want you having a heart attack running up and down the court.

Man: So, what are you suggesting? Should I just abandon the idea? I'm not that out of shape.

Woman: Well . . . you ought to at least have a physical before you begin. I mean, it HAS been at least five years since you played at all.

Man: Well, okay, but . . .

Woman: And you need to watch your diet and cut back on the fatty foods, like ice cream. And you should try eating more fresh fruits and vegetables.

Man: Yeah, you're probably right.

Woman: And you should take up a little weight training to strengthen your muscles or perhaps try cycling to build up your cardiovascular system. Oh, and you need to go to bed early instead of watching TV half the night.

Man: Hey, you're starting to sound like my personal fitness instructor!

Woman: No, I just love you, and I want you to be around for a long, long time.

Worksheet#1. Listening Exercises – Listening Comprehension

I. Listen to the conversation and answer the questions.

1. What does the man want to do?

- A. play basketball with friends from work
- B. try out for the company baseball team
- C. get in shape and compete in a cycling race

2. What is the woman's main concern?

- A. She is worried her husband will spend too much time away from home.
- B. She is afraid her husband will become a fitness freak.
- C. She is concerned about her husband's health.

3. What is the woman's first suggestion to her husband?

- A. He should see a doctor.
- B. Her husband should start with a light workout.
- C. Her husband needs to visit a fitness trainer.

4. What does the woman advice about the man's diet?

- A. He should consume less salt.
- B. He should eat less fatty foods.
- C. He should add more protein products to his diet.

5. Why does the man's wife recommend cycling?

- A. It is good for improving muscle tone.
- B. It helps strengthen the heart.
- C. It helps develop mental toughness.

Worksheet#2 Listening Exercise – Dictation

A Healthy Lifestyle

Man: Honey, the basketball game is about to start. And could you bring some chips and _____ ice cream? And . . . uh . . . a slice of pizza from _____.

Woman: Anything else?

Man: Nope, that's all for now. Hey, hon, you know, they're organizing a company _____, and I'm thinking about joining. What do you think?

Woman: Humph

Man: "Humph" What do you mean "Humph." I was _____ in high school.

Woman: Yeah, twenty-five years ago. Look, I just don't want you having _____ running up and down the court.

Man: So, what are you suggesting? Should I just abandon the idea? I'm not that _____.

Woman: Well . . . you ought to at least _____ before you begin. I mean, it HAS been at least five years since you played at all.

Man: Well, okay, but . . .

Woman: And you need to _____ and cut back on the fatty foods, like ice cream. And you should try eating more _____.

Man: Yeah, you're probably right.

Woman: And you should take up _____ to strengthen your muscles or perhaps try cycling to build up your cardiovascular system. Oh, and you need to _____ instead of watching TV half the night.

Man: Hey, you're starting to sound like my personal _____!

Woman: No, I just love you, and I want you to be around for a long, long time.

Worksheet#3. Fill the blanks Exercise – Vocabulary

Physical

Fridge

out of shape

cut back

cardiovascular system

Close the _____. The food will spoil if you don't.

Running is really good for your _____ because it gets your heart rate up.

He can't walk up stairs without getting tired because he's so _____.

You ought to _____ on the amount of sweets you eat. They aren't healthy.

I suggest you get a _____ before you start any exercise program.

Worksheet#4. Post-Listening Exercises - Vocabulary

After you finish these questions, go back to the listening activity for this vocabulary exercise and practice your speaking skills.

1. You'll find some cold drinks in the _____. Help yourself.
 - A. dishwasher
 - B. fridge
 - C. stove

2. I know you're having a problem with your knee that limits your exercise, but don't _____ the idea of running in a marathon because your knee might improve over time.
 - A. throw
 - B. give in
 - C. abandon

3. Before you start any exercise program, it's a good idea to see a doctor and get a complete _____ to check your blood pressure, your heart, and your overall condition.
 - A. physical
 - B. system
 - C. test

4. He's really _____, so he'd better start exercising. Otherwise, he won't be able to join us on the hiking trip next month.
 - A. athletic
 - B. physically fit
 - C. out of shape

5. You need to _____ on eating a lot of salt and sugary foods. They're not good for you.
 - A. cut along
 - B. cut back
 - C. cut around

HEALTHY or UNHEALTHY? 🗨️

Instructions: Circle your answer.		
		
Is it healthy or unhealthy ?	Is it healthy or unhealthy ?	Is it healthy or unhealthy ?
Which food groups do you see here? grain milk meat & beans fruit vegetables	Which food groups do you see here? grain milk meat & beans fruit vegetables	Which food groups do you see here? grain milk meat & beans fruit vegetables
		
Is it healthy or unhealthy ?	Is it healthy or unhealthy ?	Is it healthy or unhealthy ?
Which food groups do you see here? grain milk meat & beans fruit vegetables	How often do you do this? every day 3 times a week once a week sometimes never	Which food groups do you see here? grain milk meat & beans fruit vegetables

		
<p>Is it healthy or unhealthy?</p> <p>Which food groups do you see here? grain milk meat & beans fruit vegetables</p>	<p>Is it healthy or unhealthy?</p> <p>How often do you do this? every day 3 times a week once a week sometimes never</p>	<p>Is it healthy or unhealthy?</p> <p>Which food groups do you see here? grain milk meat & beans fruit vegetables</p>
		
<p>Is it healthy or unhealthy?</p> <p>Which food groups do you see here? grain milk meat & beans fruit vegetables</p>	<p>Is it healthy or unhealthy?</p> <p>How often do you do this? every day 3 times a week once a week sometimes never</p>	<p>Is it healthy or unhealthy?</p> <p>How often do you do this? every day 3 times a week once a week sometimes never</p>

NEW YEAR'S RESOLUTION WORKSHEET

WHAT IS YOUR RESOLUTION OR GOAL?

I will _____ by _____
_____ by _____
_____ (month/day/year).

WHAT SPECIFIC STEPS MUST YOU TAKE IN ORDER TO REACH YOUR GOAL?

1. I will _____
2. I will _____
3. I will _____

WHAT'S ONE SMALL TASK YOU CAN DO EVERY SINGLE DAY TO HELP YOU GET CLOSER TO YOUR GOAL?

I can _____

WHEN WILL YOU REVIEW YOUR PROGRESS EACH WEEK?

I will review my progress _____
