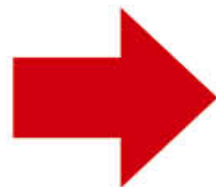




# Are You Ready?

Listen to me.



Eyes on me.



## CONVERSATION

Lesson

1

Classic English Junior Level 6 - Unit 11 Body and Health

# How Do I Grow?



# You are going to learn:

## Topic

- Body—How Do People Grow

## Key Words

- growth
- increase
- human
- exercise

## Sentence Patterns

- v + adv (e.g.  
drive carefully)
- adj + n (e.g.  
careful driver)



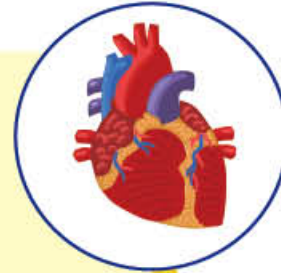
## Warm-up

02:00

Get to know your body.

1

Your heart is just a little bit bigger than your \_\_\_\_\_.



foot



fist



2

The smallest bone in your body is in your \_\_\_\_\_.

ear



mouth



?

What else do you know about your body?



# Let's Go!



# Preparation—Vocabulary

**01:00**

Learn and say.

**growth** *n*

Eating healthily is very important for a kid's **growth**.

**in•crease** *v*

The company **increased** the price of its cars three times last year.

Use a **key word** to ask a question:



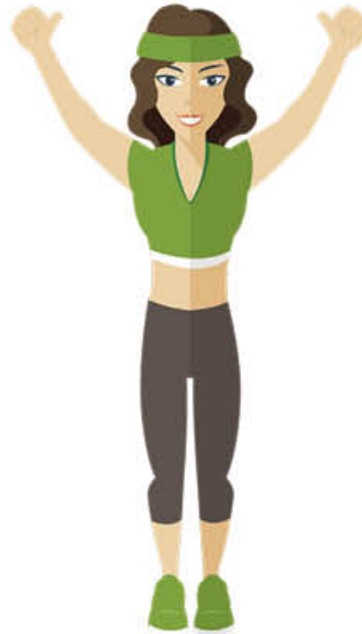
# Preparation—Vocabulary

**01:00**

Learn and say.

**hu•man** *n*

Studying **human** history is very interesting.

**ex•er•cise** *n*

Doing **exercise** makes your body stronger.

Use a **key word** to make a sentence:

# Preparation—Sentence patterns

02:00

Learn and match.

1

Sam is a **careful taxi driver**.

2

**Eating healthily** is very important.

3

It's **raining heavily** outside now.







# Let's Talk!



## Conversation setting.



Timmy is tidying up his clothes with his mom in the bedroom.

# Conversation

03:00

Role play the conversation.



Mom, check out these jeans! I used to wear them all the time, but they are too short now.



Yes, Timmy. You have grown taller because your bones have grown longer. You can't feel your bone **growth**, but it's happening all the time.



I heard eating eggs and drinking milk makes people grow taller. Is that true?



How does Timmy find out that he grows taller?



# Conversation

03:00

Role play the conversation.



Yes, it is. In fact, some foods **increase** the **human** growth hormone, which helps you grow.



Human growth hormone? What is that?



It's a chemical that flows through the body and it works mostly at night.



That's why you always say that the best way to grow is to get eight to ten hours of sleep every night.



What is the best way to grow according to Timmy's mom?

# Conversation

03:00

Role play the conversation.



That's right. Doing **exercise** and **eating healthily** are also very important! In that way, you will not only grow taller, but also become stronger.



I will remember to do that! But how tall will I be when I grow up?



There is no way to know for sure. But there is one clue: look at your daddy and me.

## Grammar

1

Adverbs (healthily/slowly, etc.) tell us about a verb (how somebody does something or how something happens):

e.g. You should **eat healthily**.  
(not eat healthy)

2

Adjectives (healthy/slow, etc.) tell us about a noun (somebody or something):

e.g. You should eat **healthy food**.  
(not healthily food)





# Activity Time!

Practice



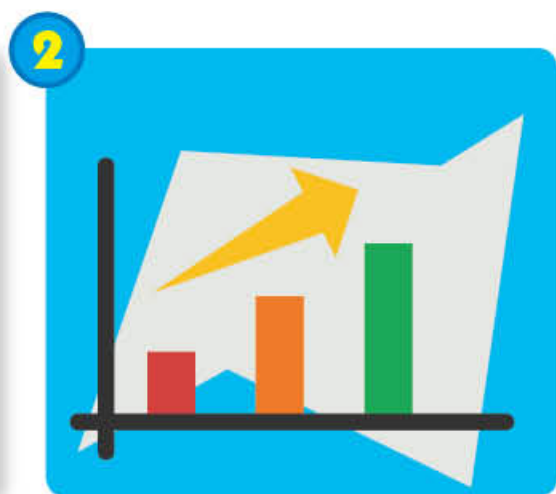
# Activity 1

01:00

Recall the words you've learned today.



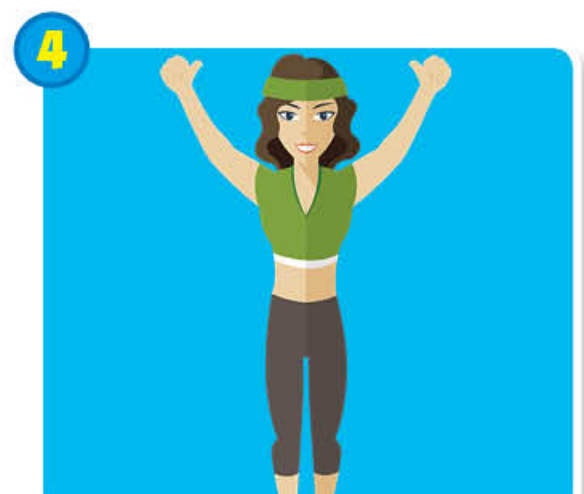
g



i



h



e

You'll see the answers on the next page.

# Activity 1

01:00

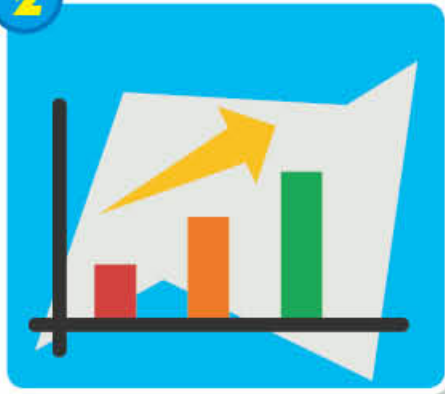
## 1. Words you've learned today.

1



growth

2



increase

3



human

4



exercise

## 2. Answer the question using a key word.



What is good for bone growth?



Answer box for the question: What is good for bone growth?

# Activity 2

02:00

Answer the questions with the correct words.



Why are you so worried?

I did bad/badly on the math exam.



Why didn't you go out last Sunday?

I didn't go out because of the heavy/heavily rain.



How's your sister's English?

She speaks English perfect/perfectly.





# Activity 3

03:00

**Tell your teacher about how people grow using the words and sentence patterns you learned in this lesson.**

A person grows taller because ... (bones)



Human growth hormone ... (increase by food, work at night, enough sleep)



Doing ... and ... (exercise, healthy food)

## Wrap-up

01:00

Let's check how well you performed in this lesson:

## Vocabulary

	Pronunciation			Understanding Check	
	Awesome	Good	Needs Improvement	Yes	No
growth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
increase	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
human	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## Wrap-up

01:00

Make sentences using the following sentence patterns:

## Sentence Patterns

	Fluency			Accuracy		
	Awesome	Good	Needs Improvement	Awesome	Good	Needs Improvement
v + adv (e.g. drive carefully)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
adj + n (e.g. careful driver)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





# See You Soon!

**51TALK**

