



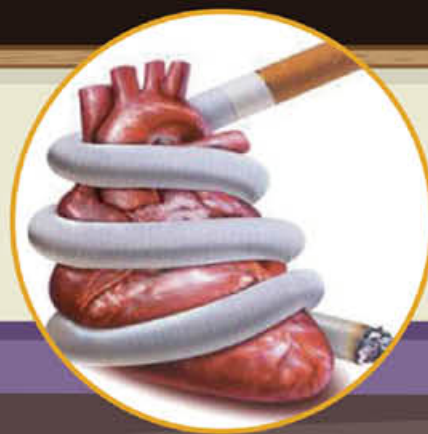
# Are You Ready?

Listen to me.



Eyes on me.

# Your Heart



# You are going to learn:



**Topic: Feelings and health —  
Your heart**



**Words: symptom, oxygen, pump,  
regular**



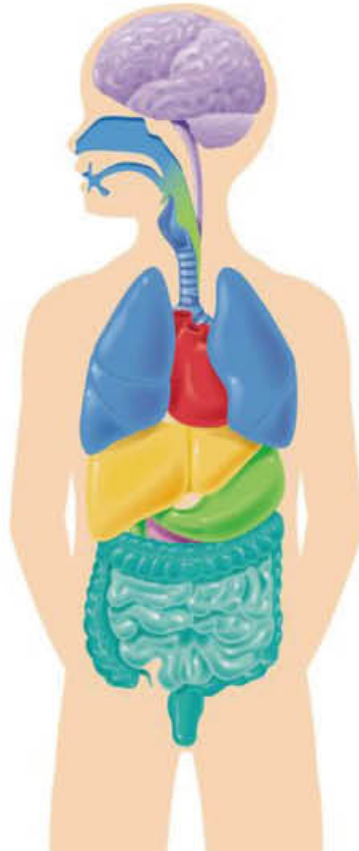
**Grammar: Phrasal verb (decide on)**



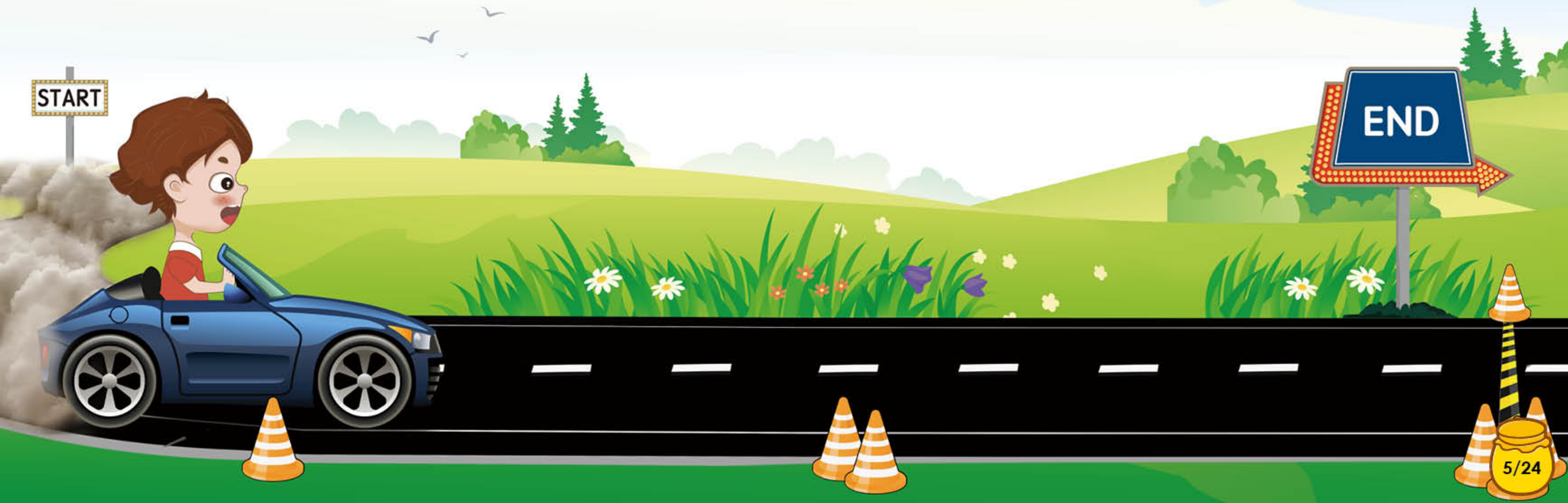
# Warm-up



Can you put the organs in the right place?



# Let's prepare!



# Vocabulary

Coughing and a runny nose are the **symptoms** of a cold.

**symp·tom**



What other symptoms may you have if you have a cold?

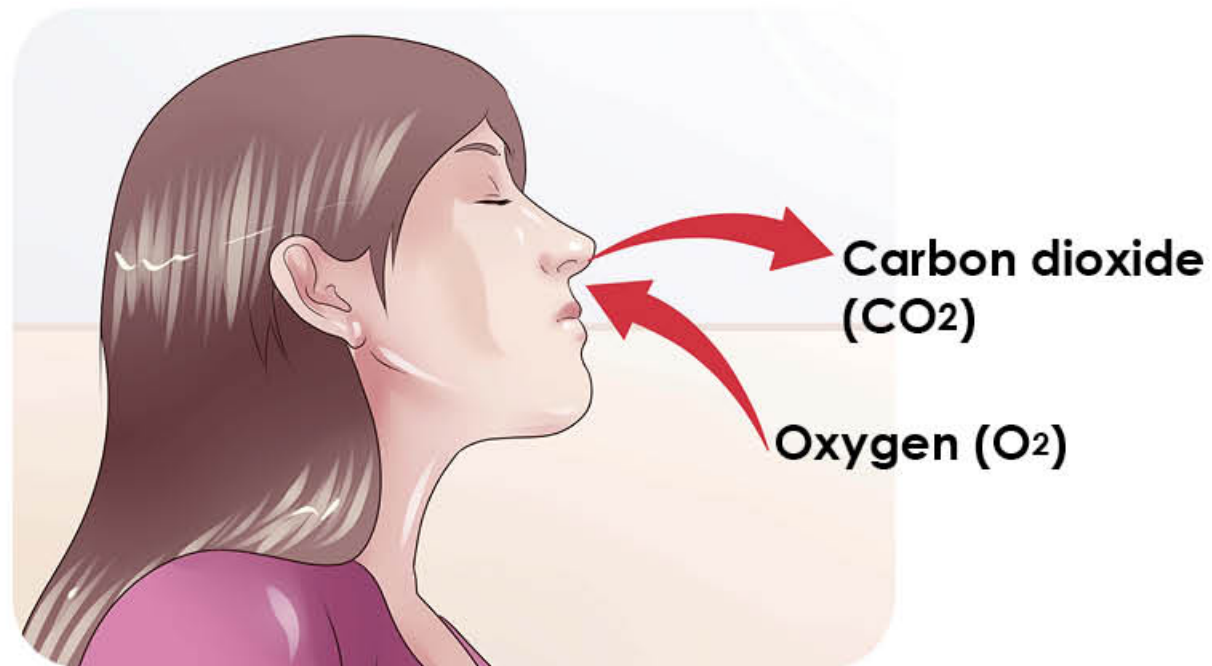




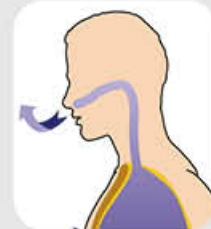
# Vocabulary

People breathe in **oxygen** to stay alive.

ox·y·gen



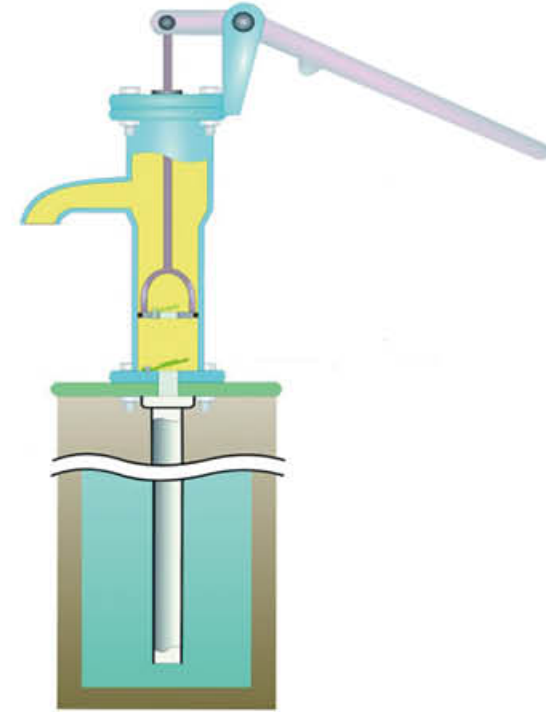
Which shows oxygen?



# Vocabulary

People use this device to **pump** water from the well.

**pump**



What is the boy doing?





# Vocabulary

She jogs every morning.  
The **regular** exercise  
keeps her healthy.

reg·u·lar



Do you do any regular exercise?

# Grammar



I've decided on the sneakers. I want the colorful ones.



She has decided on a healthy lifestyle.



What must you decide on if you want to lose weight?

# Let's read!







Hello, class. I want to tell you about my grandpa and his heart problem. I hope that this way I can help you **decide on** making the right health choices. Just like my grandpa always says: "If you look after your heart, your heart will look after you!"

### Grammar

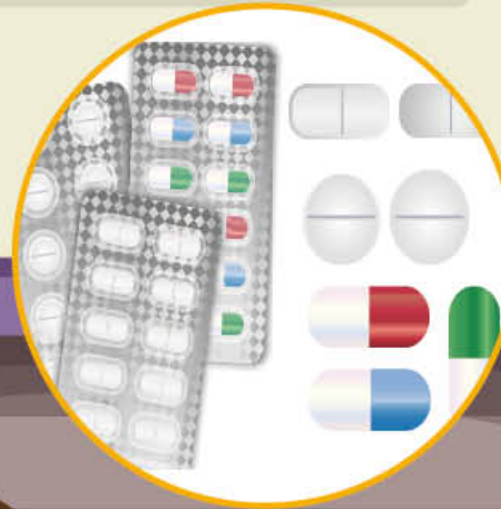
#### Phrasal verb: decide on

"Decide on" means to choose something or someone after thinking carefully.

**e.g. Have you decided on a date for the wedding?**

Why does Timmy want to tell everyone about his grandpa's health problem?

First, let me tell you some of the **symptoms** of an unhealthy heart: a fast heartbeat, feeling tired and weak, and being out of breath. This is how my grandpa feels every day, so he has to take medicine to help him.



What are the symptoms of an unhealthy heart?



If you want to live longer, don't smoke! Smoking kills your heart. When people smoke, it takes **oxygen** away from the blood. Drinking too much alcohol is bad for the heart too. So if your grandpa smokes or drinks, make sure he decides on a date to give up!



What should you do if you want to live longer?



If you want a healthy heart, eat less fat. If we eat lots of fatty food, our bodies become bigger and the heart will have to work harder to **pump** blood around the body. We should also eat less salty food and more healthy food, like fruit and vegetables.



Why do we need to eat less fatty food?



The heart needs **regular** exercise to keep it strong. Your heart will become weaker if you do not exercise regularly. So if you want to live longer, decide on exercising more.

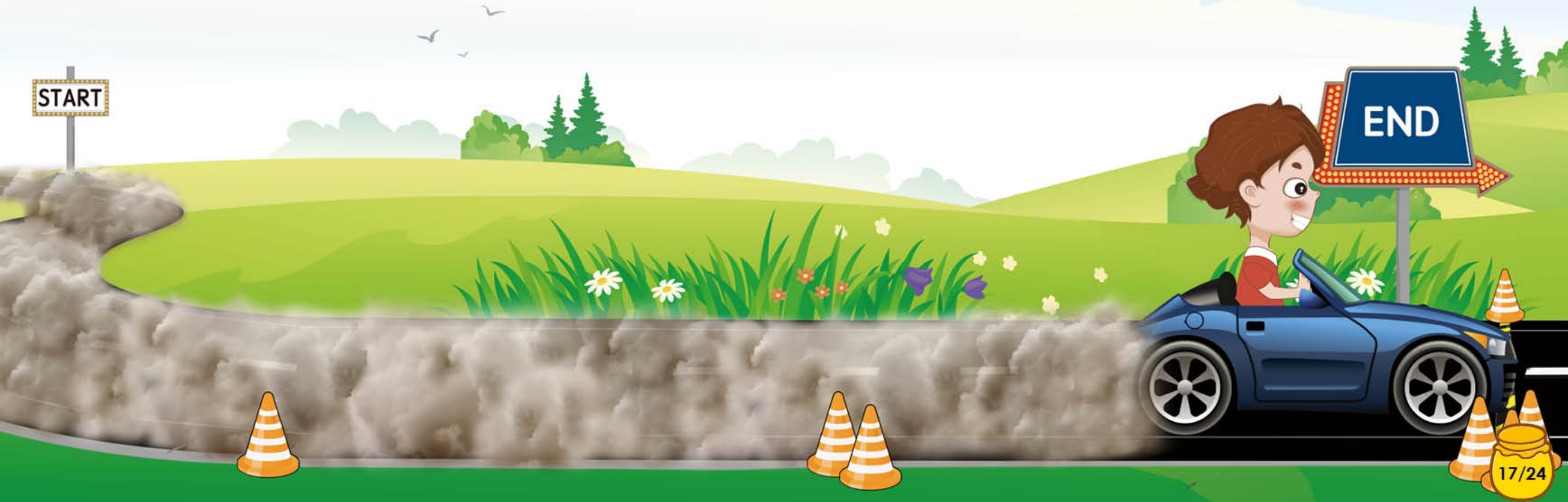
OK, thanks guys. I hope that after my presentation you all decide on a healthier lifestyle!



What does the heart need to keep it strong? Why?



# Let's practice!





# Activity

**Match the words with the descriptions and make sentences.**



To cause (air, gas, water, etc.) to move in a direction.

A kind of gas that we breathe.

Happening or doing something very often.

Something wrong with your body or mind which shows that you have a particular illness.

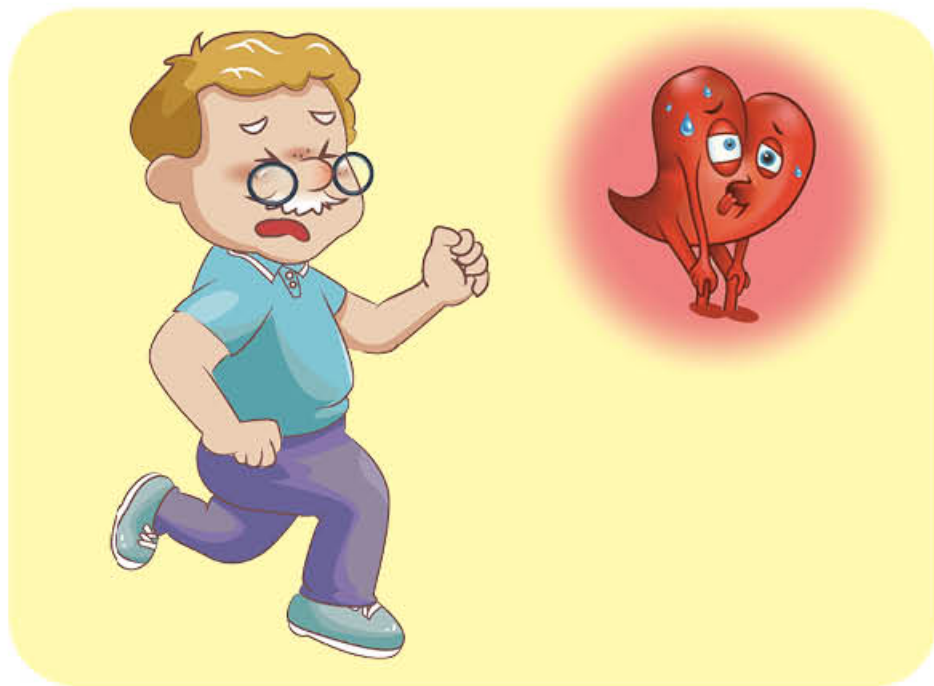


**Oxygen** is very important to the human body.

# Activity

## Look and talk.

Grandpa and his heart problems



**Hints:** fast heartbeat   tired and weak  
out of breath

Symptoms:



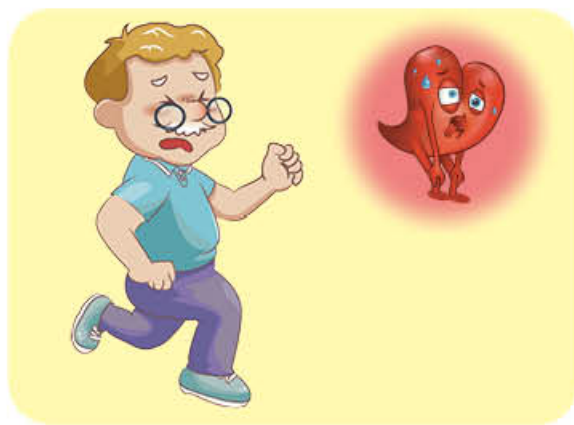
Continued on  
next page.



# Activity

Continued...

**Hints:** smoke and drink  
fatty and salty food



Grandpa and his  
heart problems

**Don'ts:**



**Dos:**



Grandpa and his  
strong heart

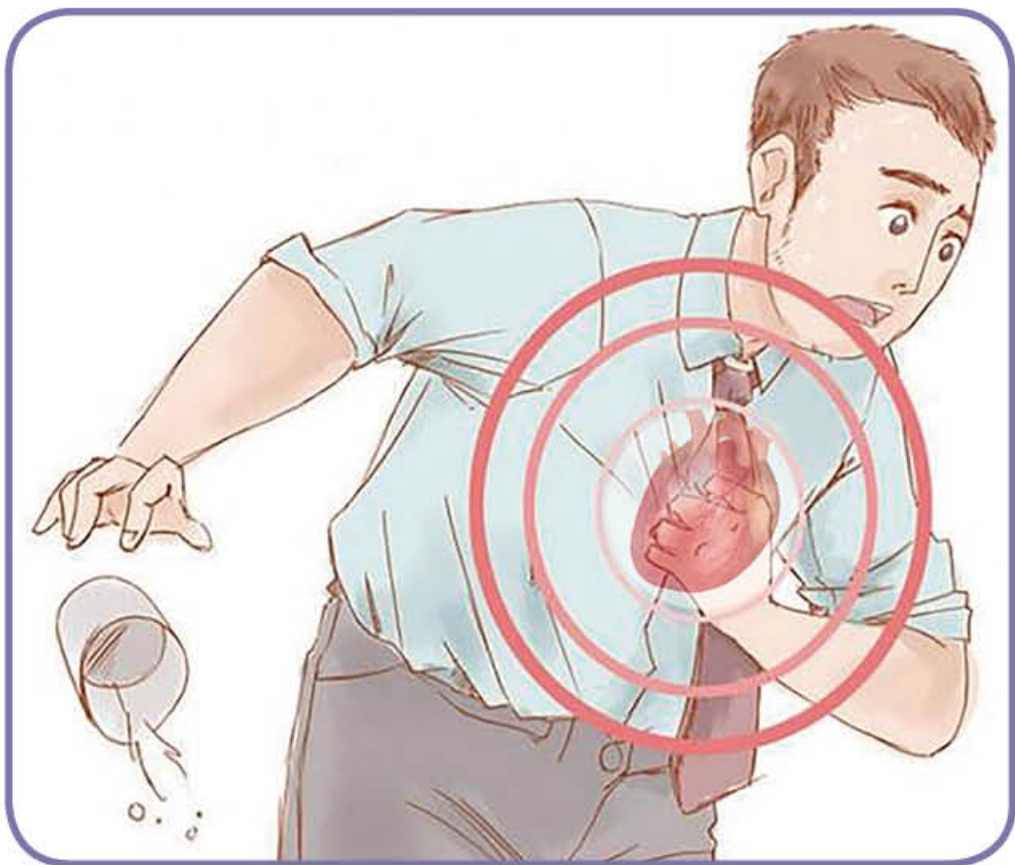
**Hints:** healthy food   exercise





# Writing Preparation

*Prepare for your writing by answering the question.*



## Let's talk!

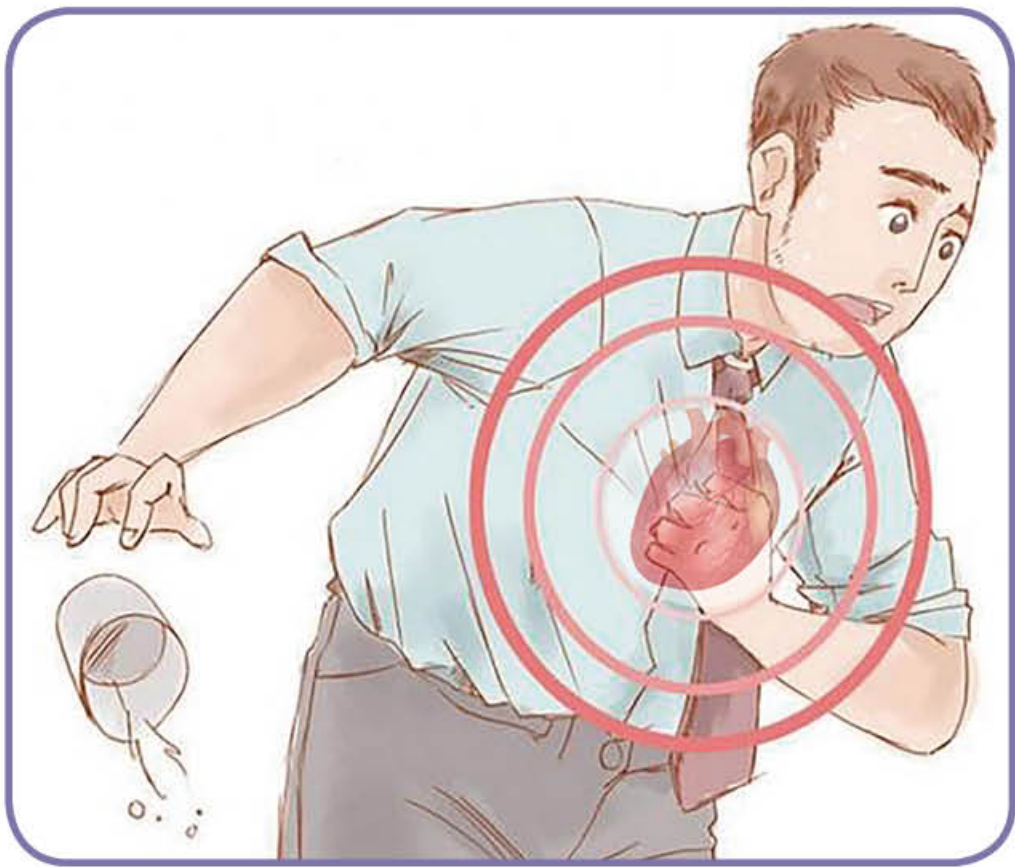
What would you suggest if someone has heart problems? Give at least two suggestions.



**Hints:** smoke or drink   fatty and salty food  
exercise

# Writing Project

**Write a passage about the ways to protect your heart.**



**Ways to protect your heart:**

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**Hints:** smoke or drink  
fatty and salty food  
exercise




# Today I learned:

## Topic

Feelings and health —  
Your heart

## Words

 symptom

 oxygen

 pump

 regular

## Grammar



Phrasal verb  
(decide on)

e.g. I hope that  
this way I can help  
you **decide on**  
making the right  
health choices.



SEE YOU SOON!



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TALK

