

PART I: VOCABULARY & PRONUNCIATION

Unhealthy Practices to Avoid

		
Sedentary lifestyle	Poor diet	Smoking / second-hand smoke
We shouldn't lead a sedentary lifestyle.	We shouldn't have poor diet.	We mustn't smoke. We must avoid smoking.
		
Eating on the go	Bathing after a large meal	Depression and anxiety
We shouldn't eat on the go.	We shouldn't bathe after a large meal.	We should avoid depression and anxiety.
		
Poor sleep	Skipping breakfast	Overeating
We shouldn't <u>skimp</u> on sleeping.	We shouldn't skip breakfast.	We mustn't overeat. We must avoid overeating.

PART II: VOCABULARY IN CONTEXT (LOOK AND LISTEN)

Physical health is everyone's first responsibility. In order to preserve it in the long term, we must avoid a set of unhealthy practices that have bad impacts on our health.

To begin with, statistics show that smoking is the number one cause of cancer worldwide.

Therefore, we all must avoid smoking and second-hand smoke under all circumstance. As for smokers, they must find a way to quit smoking for good because it is suicidal.

Other than that, the first thing we should avoid is overeating. We shouldn't eat too much in a single meal even when the meal is healthy. Likewise, everyone should avoid all practices that affect their health in a bad way such as eating on the go or taking a shower after a large meal which may cause some digestive problems.

Also, it is common that people sometimes skip breakfast. Breakfast is the first meal of the day which the body needs to break long hours of fasting at night. If we skip breakfast, we prevent the body from the nutrients and the energy it needs. Therefore, we end up feeling tired and exhausted throughout the day.



PART III: HOME PRACTICE

Task: Answer the following questions based on the short text from PART II.

1/ Why shouldn't we eat on the go and take a shower after a large meal?

⇒

2/ What are the other unhealthy practices that we should avoid based on the text?

⇒

3/ What is the most dangerous unhealthy practice in your opinion?

⇒

4/ Should we skip breakfast? Why?

⇒

5/ What are the unhealthy practices that were not mentioned in the text?

⇒

⇒

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