

PART I: VOCABULARY & PRONUNCIATION

Unhealthy Practices to Avoid

***Sedentary lifestyle***

We shouldn't lead a sedentary lifestyle

***Poor diet***

We shouldn't have poor diet.

***Smoking / second-hand smoke***

We mustn't smoke.
We must avoid smoking.

***Eating on the go***

We shouldn't eat on the go

***Bathing after a large meal***

We shouldn't bathe after a large meal.

***Depression and anxiety***

We should avoid depression and anxiety.

***Poor sleep***

We shouldn't skimp on sleeping.

***Skipping breakfast***

We shouldn't skip breakfast.

***Overeating***

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 o 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?

⇒

⇒

⇒

⇒