



Unit 8 Daily activities

LESSON 6 It's not healthy to go to bed late

LEARNING OBJECTIVE
In this lesson, you will learn to
describe some bad habits.

1 Warm-up

What bad habits do you know?



go to bed late



eat late at night





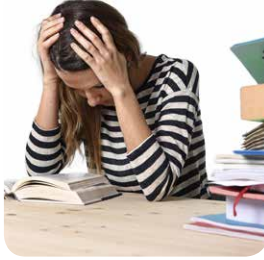


play computer
games every day



sleep late in the morning

2 New words and expressions

Matching game

1.		2.		3.		4.		5.	
	<u>already</u>								

send an email ['i:meɪl]
already [ɔ:l'reɪdɪ]
surf [sɜ:(r)f] the Internet
computer [kəm'pjʊ:tə(r)]
worry ['wʌrɪ]

Let's go through the sentences. Pay attention to the words in red.

- I am going to **send an email** to Miss Green.
- It is **already** nine o'clock, but no one has turned up yet.
- Dan **surfs the Internet** at least three hours a day.
- Lee uses his **computer** to write stories, play games and look up things on the Internet.
- Don't **worry**. You'll be all right soon.

3 Speaking naturally

1. Conversation and activity

(It's 12 o'clock. Lisa is ready to go to bed. Her husband Adam is still working.)

Lisa: Adam, it is time for bed.

Adam: Yes, let me **send this email**. I will go to bed in a minute.

Lisa: OK. Please be quick. It is **already** midnight.

Adam: Oh, sorry, I didn't notice the time.

Lisa: Don't **surf the Internet** afterwards. You're not tired,
but your **computer** is!

Adam: Yes. Don't **worry**. Give me ten seconds.

Lisa: Ten seconds? OK. 10, 9, 8 ...

Adam: I'm coming!

Practice the key sentence:



1. Don't go to bed late.



2. Don't ...



3. Don't ...



4. Don't ...

3 Speaking naturally

2. Conversation and comprehension

Lisa: Adam, it is time for bed.

Adam: Yes, let me **send this email**. I will go to bed in a minute.

Lisa: OK. Please be quick. It is **already** midnight.

Adam: Oh, sorry, I didn't notice the time.

Lisa: Don't **surf the Internet** afterwards. You're not tired,
but your **computer** is!

Adam: Yes. Don't **worry**. Give me ten seconds.

Lisa: Ten seconds? OK. 10, 9, 8 ...

Adam: I'm coming!

Answer the questions:

1. What time is it now?

It is ...

2. Why is Adam still on the
computer?

Adam is still on the computer

because ...

3 Speaking naturally

3. Practice

Lisa: Adam, it is time for bed.

Adam: Yes, let me . I will go to bed in a minute.

Lisa: OK. Please be quick. It is midnight.

Adam: Oh, sorry, I didn't notice the time.

Lisa: Don't afterwards.

You're not tired, but your is!

Adam: Yes. Don't . Give me ten seconds.

Lisa: Ten seconds? OK. 10, 9, 8 ...

Adam: I'm coming!



4 Task

Speak out

Teacher

Hi, ... (student's name) Do you always spend much time on ...?

Yes/No, ...

You

Teacher

...

...

You

Teacher

...

...

You

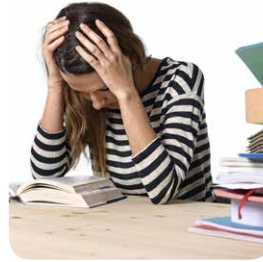
Word tips

- the computer/iPad/cell phone
- spend ... on
- be good/bad for
- a waste of time/money
- get rid of

5 Summary

What did you learn in this lesson?

Words and phrases:



Sentences:

Let's check the next page!

5 Summary

You have learned the following vocabulary and sentence pattern to describe some bad habits.

Words and phrases:



already



computer



worry



send an email



surf the Internet

Sentence pattern:



Don't ...

(Make a sentence)

