

Health education

Theme:
Health and Well-being



Before we start, please make sure...

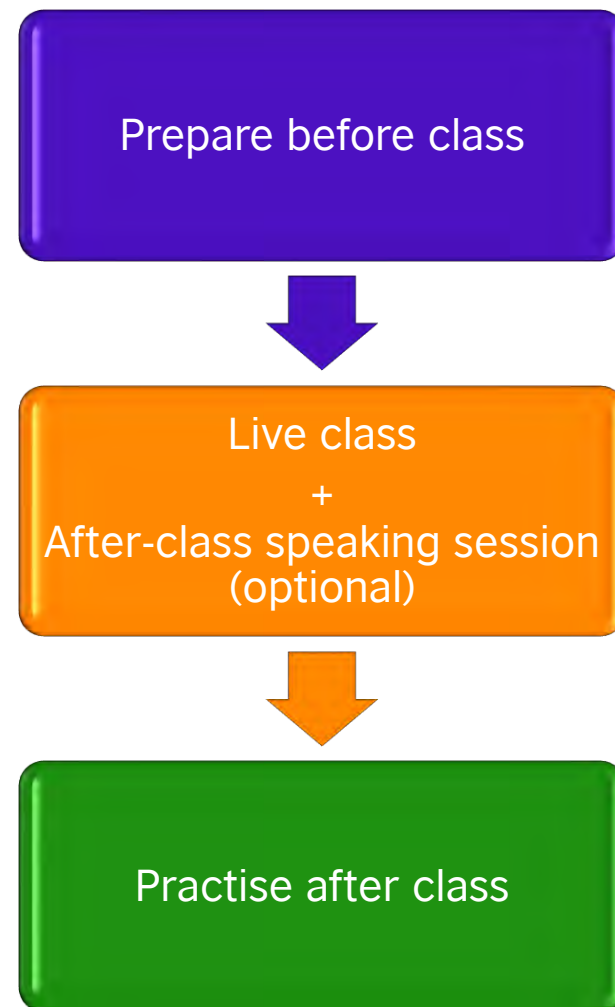
- ✓ your name on Zoom is clear (use Latin letters)
- ✓ your camera is on and mic is off (unmute when needed)
- ✓ you are in a quiet area that helps you focus
- ✓ you have a notebook or a note app ready to take notes



Welcome to English Online

How does it work?

You need to complete all three parts to get the most out of English Online.



After-class speaking session

Stay back after class for 5 or 10 minutes to talk to your classmates from around the world.

This extra speaking practice will help you...

- improve your conversation skills
- practise using language learnt in class
- support and help your fellow students
- practise using English in a natural context
- become a part of a global learning community



After-class
speaking
sessions

Lesson objectives

In this **live** part of the lesson, you will plan the content of a public health campaign for a local community centre. You will make a list of current health challenges in your area and discuss possible solutions and how to get them across to the public.

You will also review language connected with public health issues that you learned **before** the lesson.

Highlighted skills:

Speaking (live class)

Language focus:

Vocabulary: public health issues

Grammar: giving advice and making recommendations

Lead-in

Work with your group to brainstorm a list of health problems/issues that affect people in your area.

What groups do they particularly affect? (e.g. age groups, ethnic/social groups, people with certain occupations)

What solutions can you suggest to these issues?

Smoking electronic devices,

Lack of physical activities, undrinkable water, no cancer prevention, •
regular checkups/screening (breast cancer/
cervical smear/colonoscopy)

- lack of dental care

- lack of eye care, • malnutrition, poor diet, vitamin deficiencies, obesity

Language focus 1

recommend

advise

discourage

remind

Verb +noun collocations are words that go together. What kind of nouns could go with the above verbs?

Language focus 2

<i>advocate</i>	<i>dissuade</i>	<i>empower</i>	<i>encourage</i>	
<i>inform</i>	<i>inspire</i>	<i>make (...) aware</i>	<i>prevent</i>	
<i>promote</i>	<i>propose</i>	<i>stop</i>	<i>suggest</i>	<i>warn</i>

Do the above verbs have similar meaning?

What are the antonyms for the above verbs?

Language focus 2- suggested answers

Similar meaning	Antonyms
<i>suggest propose advocate promote recommend</i>	Withhold declare oppose
<i>encourage empower inspire advise</i>	Discourage weaken uninspired
<i>dissuade prevent stop discourage</i>	Assist encourage help persuade
<i>make (people) aware warn inform remind</i>	Forget hide conceal

Pre-task

<i>advocate</i>	<i>dissuade</i>	<i>empower</i>	<i>encourage</i>	<i>inform</i>	<i>inspire</i>
<i>make (...) aware</i>	<i>prevent</i>	<i>promote</i>	<i>propose</i>	<i>stop</i>	
<i>suggest</i>	<i>warn</i>				

Tell your group about a friend or a family member whose lifestyle isn't very healthy. Use the above verbs to describe what you would like to tell him/her to do.

Task

1 You're going to work with a partner to plan a health education leaflet about one of the topics that you discussed in the Lead-in section. You are NOT going to write the leaflet or worry too much about the text - just plan the layout and key content.

2 Here are some points that you need to consider:

- a. Choose a health problem and a target group.
- b. What behaviour do you want to change? What are your three key messages? How can you persuade people to act? Keep a balance between practical advice and factual information. Do you want to appeal to people's sense of responsibility, fear, vanity, self-esteem?
- c. How will your leaflet be organised? Mainly text? Mainly visuals? Think about what will go where. Keep it appropriate to your target audience.
- d. Consider format. Question and answer? Bullet points? Numbering? Quotes and stories?
- e. Other information? Follow up activities, meetings, support groups, contact information?

Task

- 3 Sketch out a rough plan of your leaflet. Be prepared to present your leaflet to other students and justify your choices.
- 4 Class feedback. Which leaflet(s) did you think would be most effective?

Feedback

Review

What have I learned from today's lesson?

What's next?

Complete the Progress activities on English Online



Book your next lesson on the English Online platform.

After-class speaking session

You can talk about any topic that interests you!

Use these questions as a guide, if needed.

- What do you do to stay healthy?
- Were you health-conscious as a teenager?
- Why do you think many young people take risks with their health?
- Do you know any good home treatments or remedies for a cold?
- Do you think technology and the modern world are resulting in a less healthy global population? Why?

For help, contact:

support.englishonline@britishcouncil.org

Dos

- ✓ Treat everyone with respect
- ✓ Keep your camera on and participate
- ✓ Let others share ideas too
- ✓ Listen to everyone
- ✓ Click 'Leave' if you cannot stay back

Don'ts

- ✗ Don't take pictures or record
- ✗ Don't share personal details
- ✗ Don't let your children be visible onscreen