

## Unit 5: Health and Happiness (Reading and Grammar)

Name .....	Student Code .....
Group .....	Date .....

### Practice your story-telling skills

1. Write a storytelling script for the following information.

### After a Heart Attack

1. Absolutely no smoking!
2. Drink only small quantities of alcohol and limit it to wine.
3. Eat sensibly. Try to eat nutritious food which is neither fatty nor salty. Stay away from fried food. Concentrate on eating fresh fruit and vegetables, and whole-grain bread. Eat just a small amount of either grilled fish or chicken. Weigh yourself weekly. Remember: being overweight may have caused your condition.
4. Try to keep in shape. Exercise three or four times a week. Keeping fit will strengthen your heart. This will help prevent another attack.

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In this story.....

1. Practice an oral presentation of your summary to group/class members.
2. Record a video clip presenting your summary of the conversation and submit.

### Submission:

1. The worksheet must be submitted as the evidence for in-class participation score.
2. The video clip must be uploaded to your YouTube channel and post the link in MS Team for progressive assessment score.