

Unit 5: Health and Happiness (Listening and Speaking)

| | | | |
|-------|---------------------|--------------|--------------------|
| Name | Wattachai Taechalue | Student Code | 65015137 |
| Group | 104 | Date | 2nd February, 2023 |

Practice your story-telling skills

1. Write a storytelling script for the following information.

Tamara: Hey Kelly.

Kelly: Yeah?

Tamara: You're studying to be a nutritionist; can you give me some advice about my diet?

Kelly: Sure. What would you like to know?

Tamara: I really want to eat healthier, but I don't know where to start.

Kelly: Well, you can start by not eating any more of that cereal.

Tamara: But it's just cereal. What's unhealthy about that?

Kelly: Do you have any idea how much sugar is in a bowl of cereal?

Tamara: OK. So what should I eat for breakfast?

Kelly: Try plain yogurt with fruit, or whole-grain toast with a healthy spread. Look, the most important thing is that you avoid processed foods.

Tamara: What do you mean by 'processed' food?

Kelly: I mean, food that's packaged. You know, comes in a box. Processed food contains a lot of artificial and fake ingredients. My motto 'If you can't pronounce it, don't eat it.'

Tamara: OK so that's breakfast - what should I do for the rest of the day?

Kelly: Just focus on eating fresh foods. Try chicken, fish, vegetables, fruits, nuts and whole grains.

Tamara: I don't think I can give up my cereal or cookies.

Kelly: Look, you don't have to give up everything all at once.

Tamara: That's good!

Kelly: You can have some processed foods here and there, but it shouldn't be a major part of your diet.

Tamara: OK, you've inspired me. I'm going to take your advice...right after I finish this cookie.

Unit 5: Health and Happiness (Listening and Speaking)

In this story.....

In this story, it's about healthy nutrition. Tamara frequently consumes unhealthy foods, such as cereal for breakfast, which may result in high sugar levels and be detrimental to her health. Then Tamara seeks advice from Kelly on how to eat healthier. So Kelly suggested to Tamara that she try plain yogurt with fruit or whole-grain toast, and Kelly also told Tamara to avoid processed foods.

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.