

COMMUNICATION

How tall are you?

LEVEL

Beginner

NUMBER

EN_A1_1062X

LANGUAGE

English



Learning outcomes

- I can state my height and weight.
- I can ask and answer questions about how far away a place is.



I'm 160 **centimetres tall** and
I **weigh** 65 **kilograms**.





Vocabulary

height

to measure something



Your **height** is how tall you are.

Use metres and centimetres **to measure height**.

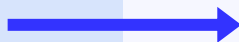


Metres and centimetres



There are **100 centimetres** in **1 metre**.

1 metre



100 centimetres



Vocabulary

centimetres (cm)



metres (m)



tall



My husband is 176
centimetres tall.

My mother is 1.48
metres tall.

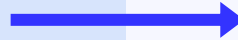
I'm 1.70 metres **tall**.

Imperial system of measurement



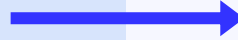
In the United Kingdom and the United States, **height** is in **feet** and **inches**.

1 foot



12 inches

1 foot



30.5 centimetres



feet and inches



She is short. She is 5 **feet**, 3 **inches** tall.



How tall are you?



I'm 1.83 **metres** tall.

I'm tall. I'm 5 **feet**, 8 **inches** tall.





Complete the dialogue

Use new words to complete the dialogue.



How _____ are you?

I'm 175 _____ tall. And you?



from



I'm 1.83 _____ .

In the United Kingdom that's 6 _____ tall, right?





Find the odd one out

metres

tall

centimetres

She is...



Vocabulary

weight



Your **weight** is how heavy you are.

kilograms (kg)



Use **kilograms** to measure weight.

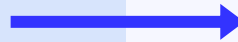


Kilograms and grams



There are **1000 grams** in
1 kilogram.

1 kilogram



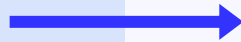
1000 grams



Exceptions

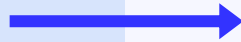
- In the United Kingdom, for example, **weight** is traditionally measured in **pounds, ounces** and **stones**.

1 pound



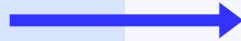
454 grams / 0.454 kilograms

1 pound



16 ounces

1 stone



14 pounds

”

pounds (lbs)



I weigh 140 **lbs**.



Language in use



I **weigh** 160 lbs.

I'm 65 **kilograms**.



I'm 180 **pounds**.

She's 25 **kg**.





Match the word to the short form

kilograms

pounds

centimetres

lbs

cm

kg



Vocabulary

distance



Distance is how far one place is from another.

kilometre (km)



Use **kilometres** to measure distance.

miles



It's 5,936 **miles** from London to Tokyo.

Vocabulary

metric



There are **1000 metres** in **1 kilometre**. This is the **metric** system.

imperial



In the United Kingdom and the United States, **distance** is in **miles**. This is the **imperial** system.



Vocabulary

far



How **far** is it to the park?

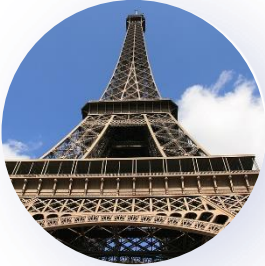
from...to



It's 2km **from** here **to** the park.



How far is it?



It's 344km **from** Paris **to** London.

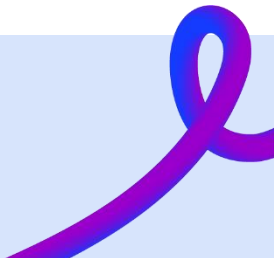
It's 214 **miles** from London to Paris.





Metric or Imperial?

Metric	Imperial
	centimetres (cm)
	kilograms (kg)
	meters (m)
	feet
	pounds
	miles
	kilometres (km)
	inches





About me

Hi! My name's Charlie. I'm from Essex. It's in _____ . It's 55 _____ from Essex _____ London. That's about _____ km.

I'm 5 _____ , 7 inches tall and I _____ 190 lbs.



weigh

to

miles

88

feet

England



About you

Use these words to describe yourself, friends, family and places. You can do this **in breakout rooms**.

metres

centimetres

feet

kilograms

pounds

kilometres

miles

from

to





Game

**Your teacher says a number.
It's about distance, height or weight.
Try to guess the unit of measurement and the person or place.**

Ex.

Teacher: "160"
Student: "Is it
centimetres and your
height?"



End of the lesson

Idiom

a heavy heart

Meaning: to describe a very sad feeling

Example: She left her old school and all her friends with a heavy heart.



Additional practice



Fill in the gaps

1 Hi! My name's _____ .

2 I'm 180 _____ tall.

3 I _____ 80 kilograms.

4 It's 5 kilometres _____ my school to my house.

5 That's about 3 _____ .

Tony
miles
from
centimetres
weigh



Match the sentences

1 It is about 220 miles from London to York.

2 I weigh 85 kg.

3 I am 163 cm tall.

4 The park is 1.5 km from here.

5 My son weighs 90 lb.

a That's about 5 feet, 3 inches tall.

b That's less than one mile.

c That's about 350 kilometres.

d That's about 40 kg.

e That's about 190 lbs.



Speaking

Talk to a partner. Ask and answer the questions in the red boxes.



Joe

How tall is she?

She is 168 cm tall.



Annie

How tall is he/she?

How much does he/she weigh?

Where does he/she live?

How far is it from your house to his/her house?



Writing

Now write a few sentences about your friend.

1



4



2



5



3



6



Blank lined area for writing.



Making conversation

Use the words below to talk about yourself



metres

kilograms

stone



Answer key

Exercise p.10

1. tall – 2. centimetres – 3. metres – 4. feet

Exercise p.11

tall

Exercise p.17

Kilograms (kg), pounds (lbs), centimetres (cm)

Exercise p.22

Metric: cm, kg, metres, kilometres

Imperial: feet, lbs (pounds), miles, inches

Exercise p.23

England, miles, to, 88, feet, weigh



Answer key

Exercise p .29

1. Tony – 2. centimetres – 3. weigh – 4. from – 5. miles

Exercise p.30

1. c – 2. e – 3. a – 4. b – 5. d



Summary

Height

- Use **metric** and **imperial** measurements, e.g. *centimetres, metres, feet, inches*
- Say how tall you are: *I am ... tall*

Weight:

- Use **metric** and **imperial** measurements, e.g. *kilograms, stone, pounds, ounces*
- Say how much you weigh: *I weigh... kg.*

Distance:

- Use **metric** and **imperial** measurements: *metres, kilometres, miles*
- Say how far something is: *It's 300 km from London to Paris.*



Vocabulary

height

to measure something

centimetres

metres

tall

feet and inches

weight

kilograms

pounds

distance

kilometre

miles

far

from...to

