

CHECK!

Talking about lifestyle choices

LEVEL

Intermediate

NUMBER

EN_B1_2014C

LANGUAGE

English



Let's check!

Can I talk about lifestyle choices?

- Can I talk about current changes to my routine and what is working well for me or not?
- Can I use the present simple and present simple passive to describe food culture where I come from?
- Can I use the present continuous to talk about current fitness trends?



Warm-up

What is the best part of your current daily routine?

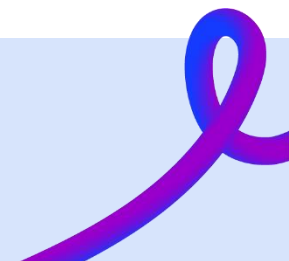


What are the benefits of working out in the morning versus in the evening?



Learning outcome 1

Can I talk about current changes to my routine and what is working well for me or not?





Talking about my routines

Describe one change you're making to your routine (if any) in each category below.

Optional: Use **breakout rooms**. Afterwards, **identify** some of the most common things that you and your classmates are trying to change in your routines.



Self-care

What routines do you have for self-care every week? What changes are you making to take care of yourself?

Food and drink

What times of day do you normally eat? Are you making any changes to your eating habits at the moment?

Evening ritual

Do you have an evening ritual? Is there anything you're trying to do more (or less) of?

Work

Do you have a routine at work? Are you trying to change anything about your working life?



Let's check! Feedback round

Your teacher will now highlight what was done well and some mistakes that were made **in the last activity** for you to reflect on.



Good examples



Find the mistake!



Learning outcome 2

Can I use the present simple and present simple passive to describe food culture where I come from?

Food and drink culture in your country

Choose one of the meals below to talk about food and drink culture in your country. Take two minutes to make notes and **use the present simple passive**. Discuss with your class afterwards.



breakfast



lunch



dinner



snacks

Croissants with jam are often eaten for breakfast...

Wine is drunk with dinner in my country...

-is eaten
- ...is drunk
- ...is served
- ...is prepared



Let's check! Feedback round

Your teacher will now highlight what was done well and some mistakes that were made **in the last activity** for you to reflect on.



Good examples



Find the mistake!



Learning outcome 3

Can I use the present continuous to talk about current fitness trends?

Current fitness trends

Discuss these fitness trends with your classmates. Do you think there is a **trend towards** doing these things? Are they **becoming ever more popular**?



Doing at-home workouts

Tracking your fitness goals

Doing exercise to reduce stress

Following fitness gurus on social media for inspiration



Let's check! Feedback round

Your teacher will now highlight what was done well and some mistakes that were made **in the last activity** for you to reflect on.



Good examples



Find the mistake



- Can I talk about current changes to my routine and what is working well for me or not?
- Can I use the present simple and present simple passive to describe food culture where I come from?
- Can I use the present continuous to talk about current fitness trends?

Your teacher will now recommend whether you should move on to the next chapter or review lessons from this chapter.

End of the lesson

Idiom

To look the picture of health!

Meaning: to look very healthy

Example: Wow, it's been a year since I last saw Tim. He looks the picture of health!



Additional practice



Meditation

“

If you learn meditation, you'll learn to be calm. And then you'll learn to be happy.

Do you agree with this quotation? Is there a connection between being calm and being happy?

Have you ever tried meditation? Do you think you could benefit from it?

Why do you think meditation is becoming increasingly popular?





Having an exercise routine

Discuss the pros and cons to having a routine when you're working out. Why might it be a good thing? What might be some negative aspects?



Exercise gets boring when you have a routine.



But having a routine helps you to track your progress.

- to get fit
- to keep fit
- to look after
- to do a workout



Is it just a trend?

Which of these exercises are trends and which do you think will always be popular? Why?



Guess the food

Choose one of the **foods** in the pictures below and **describe** it to your classmates. They will guess which one you're talking about. Try to **use the present simple passive**.



cheese



tacos



pizza



barbecue



frittata

This food is eaten at breakfast time in my country.

I think you are talking about...



Check summary

Making changes to my routine

Present simple

- We use the present simple to talk about routine
- Remember to add an -s to the verb after the 3rd person singular

Present continuous

- We can use the present continuous to talk about temporary situations in the present, for example, when talking about changes to routine

Verb for talking about changes to routine

- to try sth. out
- to make an effort to...
- to make more time for...



Check summary

Using the present simple passive

Present simple passive

- We use the passive voice to **change the focus** of a sentence.
- The sentence structure for passive sentences is: object + *be* + past participle
- We can include the subject using the preposition *by*

Forming the present simple passive

- *is/are* + past participle



Check summary

Discussing fitness trends

Present continuous

- We can use the present continuous tense to talk about **a changing situation** (for example, a trend).

Talking about trends

- Verbs: to grow, to become, to start, to increase

Talking about trends

- Vocabulary and phrases: increasingly, more and more people, There are (more opportunities) than ever to do..., to become (ever) more popular, a trend towards...

Fitness collocations

- to get fit, to keep fit, to reduce stress, to do a workout, to track (your) progress, to monitor (your) health, to look after (your mind and body)



Vocabulary

to try out (ways) to...

to focus on...

to make (more) time for...

to make an effort to do...

to pitch a story

to edit

every now and again

currently

at the moment

these days

most days

self-care

morning ritual

to reduce screen-time

No two days are the same



Vocabulary

dish

pastry

dip

savoury

broth

to have a sweet tooth

to serve

to consider



Vocabulary

trend

breath

meditation

device

gym membership

fitness

exercise

a trend towards something

to look after

to become (ever) more popular

increasingly

more and more (people)

There are more opportunities than ever

to track progress

to reduce stress

to do a workout

to get fit

to keep fit

at-home workout

fitness guru

