

COMMUNICATION

Healthy lifestyles

LEVEL

Elementary (A2)

NUMBER

EN_A2_2112X

LANGUAGE

English



Learning outcomes

- I can identify activities that help people to lead a healthy lifestyle.
- I can give suggestions and advice using 'Why don't you...?'



Warm-up

**Do you take
vitamins? Why or
why not?**

**Share your answer with the
rest of the class!**





Vocabulary

mental health



Your **mental health** is how you feel in your mind.

wellbeing



Wellbeing is about mental and physical health.

mood



Our **mood** reflects how happy or sad we feel.



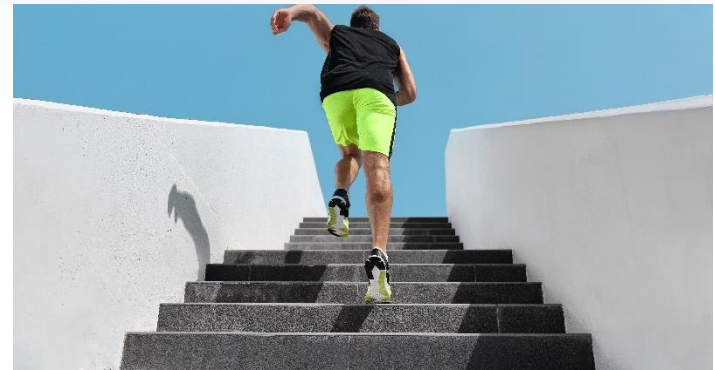
Vocabulary

check-up



We should go to the dentist for a **check-up** every year.

beneficial



Exercise is **beneficial** for our physical and mental health.



Our health



If we are in a bad **mood**, we feel sad.

If we are in a good **mood**, we feel happy.





Our health



We can talk to our doctor about our **mental health**.

Yoga is good for our **wellbeing** because it is good for the mind and body.



Babies have a **check-up** with their doctor very often.

Fruits and vegetables are **beneficial** for our health.





Unscramble the words

beneficial

yoga

wellbeing

our

for

is



is

physical health

as

as

mental health

important



Matching

Match the first half of the second with the correct second half.

1 When we are stressed...

2 A psychologist can help...

3 A high level of wellbeing...

4 If we feel very tired or unwell...

5 Going on holiday is often...

a ...we should go to the doctor for a check-up.

b ...we are often in a bad mood.

c ...beneficial to our mental health.

d ...if our mental health is bad.

e ...means that a person feels positive.

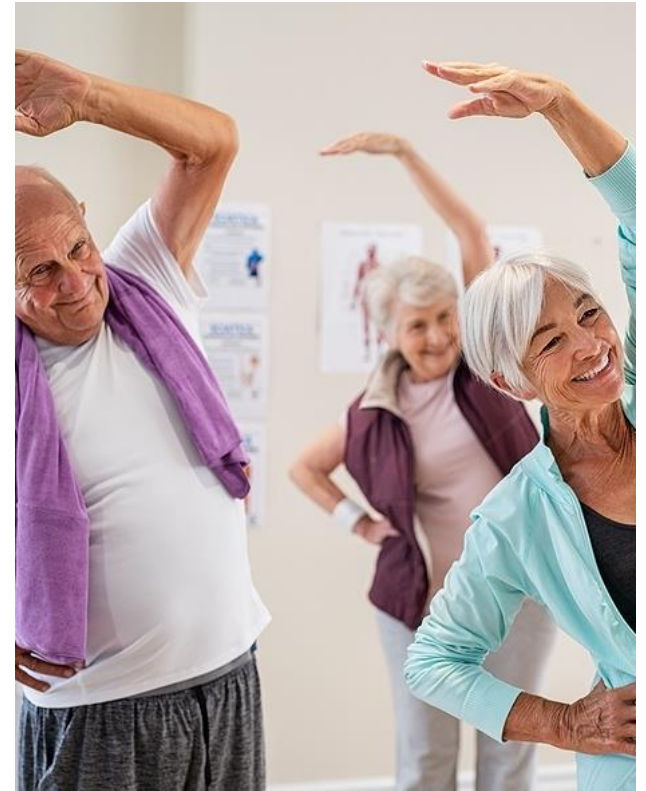


Discuss

In breakout rooms or together as a class, **answer** the question below.

**What can we do to
look after our mental
health?**

**Share your answer with the
rest of the class!**





Vocabulary

physical activity



Physical activity is important to stay healthy.

to stretch



We must **stretch** before exercising.

strength



Weightlifting builds our **strength**.



Vocabulary

aerobic



Swimming and running are **aerobic** exercises.

to hydrate



We must **hydrate** when we exercise.



Our health



Drinking water is the best way to **hydrate**.

Stretching before a workout keeps us from getting injured.





Our health



Hiking is a good **physical activity**.

Pilates is great for building **strength**.



Aerobic exercise makes our heartbeat faster.

Aerobic and **strength** exercises can help us stay fit and healthy.





Fill in the gaps

Fill in the **gaps** with the word(s) that fit best.

1. We should _____ before and after we exercise to avoid injury.
2. We need to _____ when we exercise, especially in hot weather.
3. Any _____ is good for our mind and body.
4. Lifting weights is a _____ exercise.
5. Running is an _____ exercise.



aerobic

hydrate

strength

physical
activity

stretch



Discuss

Answer the questions below.

What are some other aerobic exercises?



What are some other strength exercises?

Which type of workout do you prefer? Why?

Sarah usually **hits the gym**
on her way home from
work.



to hit the gym = to go to the gym and do a
workout



Vocabulary

diet



A good **diet** is important if we want to be healthy.

balanced diet



A **balanced diet** has all the food we need to be healthy.

fad diet



Some **fad diets** don't allow you to eat gluten.



Vocabulary

vitamin



Some people take **vitamins** if they don't eat enough fruit or vegetables.

to smoke



Smoking is bad for our health.



Our health



Smoking near children might be harmful to them.

A **balanced diet** means you eat everything, but mostly healthy food.





Our health



We get **vitamin** D from the sun.

Vitamin C is in citrus fruit like oranges and lemons.



Fad diets are not always the best way to stay healthy.

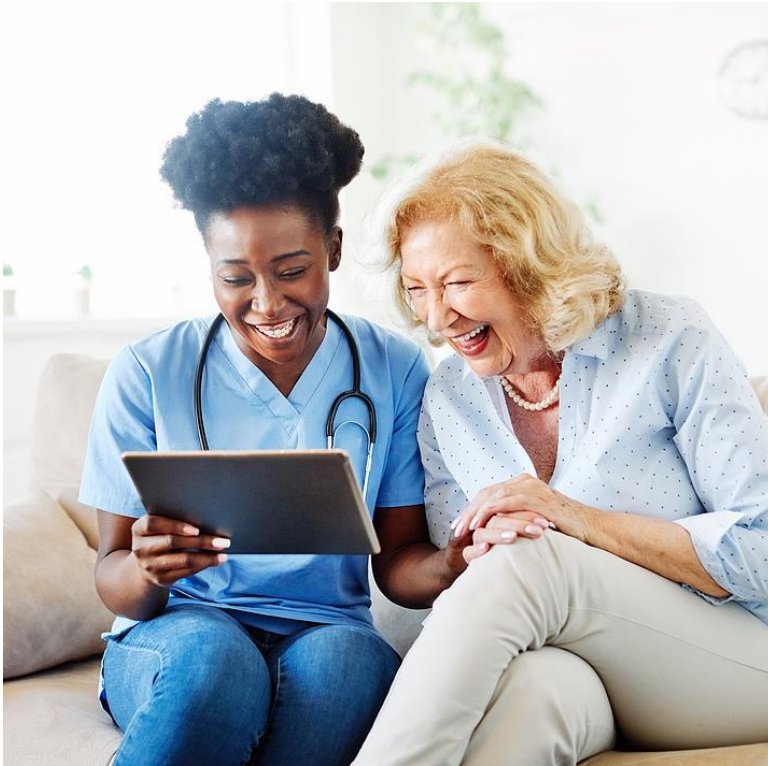
If we are overweight, we can go on a **diet** to lose weight.





Why don't you?

1. **Read** the scenarios below.
2. **Give advice.**



I feel sad all the time, and I'm always in a bad mood.

I've tried lots of fad diets, but I'm still overweight.

I want to do some exercise, but I hate swimming and running.

I don't like the taste of most fruits and vegetables, so I don't eat them.



Discuss

Answer the question below.

**What are 5 things you
can do every day for a
healthy body and
mind?**

**Share your answer with the
rest of the class!**





End of the lesson

Idiom

to have a spring in your step

Meaning: to be in a good mood; to be healthy and full of life

Example: He's got a spring in his step since he started socializing more and meeting like-minded people.



Additional practice



Matching

Match the first half of the sentence with its correct second half.

1 Fad diets...

2 We should not smoke...

3 If we eat a balanced diet...

4 Fruit has a lot of...

5 If we are always tired and feeling unwell,
we should...

a ...vitamins.

b ...go to a doctor for a check-up.

c ...don't work because they are too
difficult to follow.

d ...near pregnant women.

e ...we eat mostly everything.



Fill in the blanks

Complete the sentences with the correct word.

- 1 When we are happy, we are in a good _____.
- 2 A diet with lots of fruit and vegetables, and some meat, pasta and fish is _____.
- 3 Oranges contain _____ C.
- 4 We should not _____ near children.
- 5 A good diet and exercise are _____ to our health.

balanced

vitamin

mood

beneficial

smoke

Discuss

Answer the questions below.

Do you try to eat fruits and vegetables every day?



Do you think pets are good for a person's health?



Answer key

P.8: Yoga is beneficial for our wellbeing. Mental health is as important as physical health.

P.9: 1.) b 2.) d 3.) e 4.) a 5.) c

P.15: 1.) stretch 2.) hydrate 3.) physical activity 4.) strength 5.) aerobic

P.27: 1.) c 2.) d 3.) e 4.) a 5.) b

P. 28: 1.) mood 2.) balanced 3.) vitamin 4.) smoke 5.) beneficial



Summary

Vocabulary connected to a healthy lifestyle:

- *mental health; wellbeing; mood; check-up*
- *beneficial; physical activity; to stretch; strength; aerobic; to hydrate*
- *diet; balanced diet; fad diet; vitamin; to smoke*

Talking about a healthy lifestyle:

- *I focus on my health and wellbeing.*
- *It's really important to hydrate when you're doing exercise.*
- *Please avoid fad diets! It's better to eat a balanced diet all the time.*

Making suggestions:

- Use the phrase ***Why don't you...?*** to make suggestions about a healthy lifestyle.
- *Why don't you do some stretching?*
- *Why don't you go for a check-up?*



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Notes

