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| Topic 2: Talk about your fitness and eating habits |
| * **Recycled language:** physical activities; places for sports and exercise; food * *physical activities*: play basketball, go running, go swimming, play soccer, go bike riding, etc. * *places for sports and exercise*: pool, tennis court, athletic field, park, gym, etc. * *food*: grains, dessert, fatty foods, seafood, etc. * **Grammar**: can/have to; simple present tense/present continuous |
| Outline:   * **Introduction:**   ***Hello teacher, my name is … Today, I would like to talk about …***  This sentence should include:   1. Name / Full name 2. The main idea of the paragraph  * **Body:**  1. **Fitness:**   ***First of all, I think I have a good shape …***  Do you think you have a good shape? Why or why not?  What is the importance of staying in shape?  What kind(s) of physical activities do you do to stay in shape?  How many hours do you spend running/swimming  Where do you run/ play tennis/ swim…?  What time do you go to sleep? How many hours do you sleep a day?   1. **Eating habits:**   ***Besides, I also pay attention to my eating habits to stay in good shape …***  What do you usually eat every day?  What do you sometimes eat?  What do you eat to stay in shape?  What do you like to drink?  Can you tell me some healthy eating habits?  What are unhealthy habits?  What kind(s) of food should you avoid?  Why should we avoid fast-food?   * **Conclusion:**   ***In conclusion, I’d like to say that staying in shape and having healthy eating habits are very important in life …***  ***Bắt buộc phải có trong bài:***  ***That brings me to the end of my talk / That is the end of my speaking. Thank you for your listening.***  This sentence should:   1. Inform the listener that the paragraph is coming to a close 2. Provide a summary of the main points |
| Student’s writing: |
| Teacher’s comment: |