

THE SIDE-EFFECTS OF LOSING WEIGHT QUICKLY

CLASS INTRODUCTION

In turn introduce yourself using the following information:

- ✓ Name
- ✓ Age
- ✓ Job
- ✓ Address
- ✓ Hobby

Class Rules

1. Use English only
2. Practice speaking on a topic under the guidance of the teacher
3. Don't do personal things in the class



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Technical support



Use headphones



No speaker

1. Vocabulary game: Complete the table:

Sources of proteins	Sources of carbohydrates	Sources of fats and lipids
Egg, milk...	Rice, popcorn...	Nuts, avocados...

2. What are the most efficient ways to lose weight?



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3. Discuss the following questions with your partner:

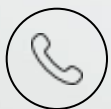
Is there a difference between being thin and being healthy?

Which one is better?

4. Role-play

A: You think that eating only vegetables every day will make you lose weight.
Talk with your friend.

B: You're A's friend. Talk with A.



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A cup of coffee, a watch, and a notebook in the background.

Wrap-up

- Topic: **The side-effects of losing weight quickly**
- Have some talks about the most efficient ways to lose weight and the difference between being thin and being healthy
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)