

# TIPS FOR A HEALTHY HEART

## 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: Fill in the blanks with the given words. (Intake, Portion, Stroke, Diagnosis, Devastating, Pumped)

A, He had another \_\_\_\_\_ about half an hour ago.

B, The news was \_\_\_\_\_ to all of us.

C, I \_\_\_\_\_ five gallons of gas into my car.

D, Place a \_\_\_\_\_ of rice in a serving bowl.

E, Your \_\_\_\_\_ of alcohol should be reduced.

F, An accurate \_\_\_\_\_ was made after a series of tests.



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**2. Do you have a healthy heart? Explain the bad effects of smoking to our heart.**



**3. Discuss “How to prevent heart disease through diet” with your partner.**



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## 4. Role-play

**A:** You don't feel good with your heart. You have some symptoms which may relate to heart attack. Now you are at the hospital to have a check.

**B:** You are the doctor. Ask the patient about the symptoms, explain some bad habits which lead to heart disease, then give him/her some advice to have a healthy heart.



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# Wrap-up

Topic: **Tips for a healthy heart**

- Have discussions about:
  - The bad effects of smoking on our heart
  - How to prevent heart disease through diet
  - Symptoms of an unhealthy heart and tips for having a healthy heart
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)