

## TIPS FOR A HEALTHY HEART

In 30 seconds, answer the following question:

- What causes heart disease?

Watch the video, then answer the given question in 60 seconds:

**In your opinion, what are some good nutrition tips to keep a healthy heart?**



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# Wear Your Words

Listen and repeat. Then, choose a word to define.

1. **Intake (n)** /'inteɪk/

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2. **Portion (n)** /'pɔːrʃn/

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3. **Stroke (n)** /straʊk/

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4. **Diagnosis (n)** /ˌdaɪəg'nəʊsɪs/

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5. **Devastating (adj)** /'devəsteɪtɪŋ/

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6. **Pump (v)** /pʌmp/

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**Make a sentence using that word.**

**Example:** She should reduce her daily **intake** of salt.



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# Wear Your Words

Explanation of two useful idioms:

**Take a heavy toll (on sb/sth)**

to have a bad effect on sb/sth; to cause a lot of damage, deaths, suffering, etc.



**By heart**

using only your memory



## Examples:

- ✓ *Illness **has taken a heavy toll on** her.*
- ✓ *She's learnt the whole speech off **by heart**.*

**Make a sentence using one of the given idioms.**



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**Structure:**

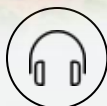
**It's time + for + O + to + V-infinitive.**

***Example: It's time for him to change his eating habits to have a healthy heart.***

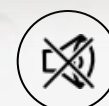
**Make a sentence using the given structure.**



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**Pair Work:** In 180 seconds, discuss “Some tips for a healthy heart” with your partner.

## Suggestions:

- ✓ Keep portions small to have less wasted food and to avoid obesity
- ✓ Don't skip breakfast
- ✓ Eat fruits and vegetables every day
- ✓ Don't smoke
- ✓ Drink less
- ✓ Be active
- ✓ Get enough sleep
- ✓ Reduce your stress
- ✓ Etc.



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# Assessment Form

Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

**Feel free to ask if you have any questions!**



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- ✓ Vocabulary related to the tips for a healthy heart

- ✓ **Two idioms:**

**Take a heavy toll (on sb/sth)**

**By heart**

- ✓ **Structure:**

**It's time + for + O + to + V-infinitive.**

- ✓ Discussion about some tips for a healthy heart



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# Homework

Complete your mission and find more in related lessons.

<b>Your mission</b>	<ul style="list-style-type: none"><li>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</li><li>✓ Practice the related lessons in the course browser <a href="#">here (It doesn't apply to all students)</a></li><li>✓ Take those lessons</li></ul>
<b>Recommendations</b>	<ul style="list-style-type: none"><li>✓ <a href="#">Health &amp; hygiene- present tense verbs (#0022)</a></li><li>✓ <a href="#">Body and health in simple past tense (#0074)</a></li></ul>
 <p>Excellent</p> <p>★★★★★</p> <p>Click on the star to rate I am most satisfied</p> <p>Teacher Technical quality Material</p>	<ul style="list-style-type: none"><li>✓ Please don't forget to rate our lesson today</li></ul>



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