

TIPS FOR A HEALTHY HEART

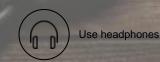
CLASS INTRODUCTION

In turn introduce yourself using the following information:

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

Class Rules

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





 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.



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.





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.









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 <u>here (It doesn't apply to all students)</u>