**LESSON PLAN**

**THE SIDE-EFFECTS OF LOSING WEIGHT QUICKLY**

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| **Slide** | **Aims** | **Teacher** | | | **Students** | |
| **Action** | **Suggestions** | **Timing** | **Performance** | **Timing** |
| **Introduction (7 minutes)** | To let students get to know each other and their teacher | Teacher:  - Reveal some personal information. - Ask all students to introduce themselves based on the information on the slide | *Welcome class! My name is... I’m … years old and I’m your teacher for this class. Now I would like you guys to take turn and introduce yourselves using the following information.  Name: Age: Job:*  *Address: Hobby:* | **40 seconds** | Introduce yourself using the following information.  Name:  Age: Job:  Address:  Hobby: | **1 minute/student** |
| To introduce the lesson | - Teacher introduces the lesson | *The topic for the discussion today is:* **The side-effects of losing weight quickly** *and I hope after today’s lesson you will be able to express your ideas related to the topic fluently.* | **20 seconds** |  |  |
| **Class rule (30 seconds)** | To let students understand the class rules | - Teacher reads three rules and makes sure the students understand all those rules. | *Before starting today's lesson, here are three rules I want you guys to follow:  - Use English only - Practice speaking about a topic under the guidance of the teacher - Don’t do personal things in the class* | **30 seconds** | Listen and follow the class rules |  |
| **Teacher - Student (16 minutes)** | To let students review the previous lesson and express their ideas about the topic with their teacher. | **Question 1:** Teacher explains the game, extends to the students some sentences using these words. | **Vocabulary game: Complete the table:**  **Suggestions:**   * **Sources of protein: eggs, meat, milk, yogurt, soy, pork, chicken, turkey, spinach, broccoli** * **Sources of carbohydrates: bread, beans, milk, popcorn, potatoes, cookies, spaghetti, soft drinks, corn, and cherry pie** * **Sources of fats and lipids:** **Milk, cheese, meat, palm oil, cocoa butter, coconut oil, butter, margarine** | **1 minute** | List words and phrases | **1 minute/student** |
| **Question 2:**  Teacher explains the given question(s) to the students  Teacher can cut in politely students if they go off the topic. | **What are the most efficient ways to lose weight?**  => If students do not have any experiences in the situation, the teacher can give some suggestions:   * **Eat a high-protein breakfast.** * **Avoid sugary drinks and fruit juice.** * **Drink water a half hour before meals.** * **Choose weight loss-friendly foods.** * **Eat soluble fiber.** * **Drink coffee or tea.** * **Eat mostly whole, unprocessed foods.** * **Eat your food slowly.** | **1 minute** | Students apply the vocabulary, structures they have learned to answer the question(s)  (from 3 to 5 sentences) | **1 minute/student** |
| Teacher corrects students’ mistakes. | You will correct mistakes (grammar, vocabulary, pronunciation) which are related to the topic. | **2 minutes** | Listen and take note of teacher’s comments. |  |
| **Student - Student (21 minutes)** | To let students express their ideas related to the topic | **Question 3**: Teacher:  - Let students work in pairs  - Stop students politely when they speak more than the allowed amount of time. - Give suggestions if necessary (write in chat box). | *Ok let's start with question 3: you guys will work in pairs.* **Is there a difference between being thin and being healthy? Which one is better?**  => If students do not have any experiences in the situation, the teacher can give them some suggestions:   * **Healthy means body sculpting** * **Healthy is about habits. Being healthy isn’t about following one fad diet and workout today and one fad diet and workout tomorrow.** * **Skinny can promote unhealthy views** * **It feels great to nurture our bodies with healthy foods and exercising. It helps us live longer.** * **Healthy is empowering.** | **45 seconds** | Have a short conversation with a partner. | **1 minute 30 seconds /student** |
| - Correct the most common mistakes |  | **45 seconds** | Listen and take note of teacher’s comments. |  |
| **Question 4:** Role-play: students will apply the knowledge they have learned and act in the context. Teacher:  - Explain the situation. - Let students practice with their partner/classmate. - Give suggestions if necessary - Correct the most common mistakes | *In the last question, you guys will also work in pairs. Let’s choose one role and act it out with your partner in 3 minutes.* - Read the situation for students  Vegetables are low in calories and fat, I think I will lose weight if I eat only vegetables everyday   * **Eating only vegetables to lose weight, causing a variety of nutrition and health problems.** * **It can lead to deficiency in certain nutrients. Nutrient deficiencies can lead to health problems such as dehydration, anemia, lethargy, muscle loss and poor bone health.** * **Vegetables are poor sources of fat, a nutrient that your body needs for vital functions such as making cell membranes, regulating temperature, producing energy and reducing inflammation.** | **1 minute 30 seconds** | Do the requirements of the lesson.  Listen and take note of the teacher’s comments | **1 minute 30 seconds /student** |
| **Wrap-up**  **(30 seconds)** | Put things together | Let students have an overview of the aspects related to the topic they have discussed. | *- So, in today’s lesson, we have discussed…*  *- Finally, I kindly request you guys to open the Outline and click on the link on page 5 to practice more at home.*  *Link:*  *[https://lmsvo.topicanative.edu.vn/activities/lesson/by-resource/5a16e8651ce6856ef2cfcdb5/](https://lmsvo.topicanative.edu.vn/activities/lesson/by-resource/5a16e8651ce6856ef2cfcdb5/" \t "_blank)* | **30 seconds** | Listen to the teacher. |  |