

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/

2. **Portion (n)** /'pɔːrʃn/

3. **Stroke (n)** /straʊk/

4. **Diagnosis (n)** /ˌdaɪəg'nəʊsɪs/

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

6. **Pump (v)** /pʌmp/

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:

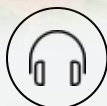
It's time + for + O + to + V-infinitive.

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

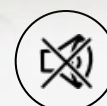
Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss with your partner some tips for a healthy heart.

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.

Your mission	<ul style="list-style-type: none">✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)✓ Practice the related lessons in the course browser here (It doesn't apply to all students)✓ Take those lessons
Recommendations	<ul style="list-style-type: none">✓ Health & hygiene- present tense verbs (#0022)✓ Body and health in simple past tense (#0074)
<div><p>Rất hài lòng</p><p>★★★★★</p><p>Nhấn vào ngôi sao để đánh giá</p><p>Tôi hài lòng nhất</p><div><div> Giảng viên</div><div> Chất lượng kĩ thuật</div><div> Học liệu</div></div></div>	<ul style="list-style-type: none">✓ Please don't forget to rate our lesson today



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