

BAD HABITS THAT AFFECT YOUR DIGESTION

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: In one minute, make as many sentences using the word “intake” as possible. Who has the most correct sentences will be the winner. Your sentences must be different from others’.



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2. What are the negative effects of eating late at night?

3. Discuss with your partner how to get rid of bad habits.



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4. Role-play

A: You are addicted to alcohol. Your friend advises you to give up this bad habit.

B: You are A's friend. Explain some negative effects of drinking it to him/her.



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Wrap-up

Topic: **Bad Habits That Affect Your Digestion**

- **Have discussions about:**
 - ✓ Eating late at night
 - ✓ How to get rid of bad habits
 - ✓ Why we should stop drinking
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)