

THE HEALTH BENEFITS OF GARLIC

In 30 seconds, answer the following questions:

- **Do you like garlic?**
- **Is garlic good for our health?**

Watch the video and answer the following questions in 60 seconds.

1. How many benefits of garlic are mentioned in the video?
2. In your opinion, what is the most surprising benefit of garlic?

Video



Source:

<https://www.youtube.com/watch?v=BoFeDnYRI0o>



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

1. **Purifier (n)** /'pjʊrɪfaɪər/

2. **Antibiotic (adj)** /,æntɪbaɪ'ɑ:tɪk/

3. **Relieve (v)** /rɪ'li:v/

4. **Immunity (n)** /ɪ'mju:nəti/

5. **Remedy (n)** /'remədi/

6. **Splinter (n)** /'splɪntər/

Make a sentence using that word.

Example: *Garlic is an effective **remedy** for cold and flu.*



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Wear Your Words

Explanation of a useful phrasal verb and idiom:

Use something up
(phrasal verb)

To use all of something so that there is none left



For somebody's benefit (idiom)

Especially in order to help or be useful to somebody

Examples:

- ✓ *Making soup is a good way of **using up** leftover vegetables.*
- ✓ *I have typed out some lecture notes **for the benefit of those people** who were absent last week.*

Make a sentence using the given phrasal verb or idiom.



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Structure:

S + find + somebody/something + adjective + to + V.

Example: I find it tiring to work late at night.

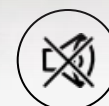
Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss with your partner the surprising benefits of garlic.

Suggestions:

- ✓ Prevent heart disease
- ✓ Boost immune system
- ✓ Reduce inflammation
- ✓ Prevent food poisoning
- ✓ Repel mosquitoes
- ✓ 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 health benefits of garlic

✓ A phrasal verb and an idiom:

Use something up

For somebody's benefit

✓ Structure:

S + find + somebody/something + adjective + to + V.

✓ Discussion about the surprising benefits of garlic



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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">✓ 158-pronunciation: /f/ vs. /v/ (#0310)✓ 141-healthcare (#0374)
<div><p>Rất hài lòng</p><p>★★★★★</p><p><i>Nhấn vào ngôi sao để đánh giá</i></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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