

# THE HEALTH BENEFITS OF GARLIC

## 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:** List some words or phrases that are closest in meaning to the highlighted words in the paragraph. Who gets the most correct word will be the winner.

Garlic supplementation is known to **boost** the function of the immune system.

One **large** 12-week **study** found that a daily garlic supplement **reduced** the number of colds by 63%.

**Another** study found that garlic also reduces high blood pressure. It helps **improve** blood circulation, lower cholesterol and prevent heart disease.



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**2. How many benefits of garlic are listed in question 1? What are they?**

**3. Garlic is well known as a natural health remedy, however, eating too much garlic is not good for your health. What are the negative effects of consuming garlic too much?**



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## 4. Role-play

**A:** You are getting a cold. Ask your friend to help you buy some medicine.

**B:** You are A's friend. Recommend A to use garlic instead of buying medicine, show him/her the benefits of garlic.



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A cup of coffee, a watch, and a notebook in the background.

# Wrap-up

Topic: **Health benefits of garlic**

- Have discussions about:
  - ✓ What are the benefits of garlic?
  - ✓ What are the negative effects of eating garlic too much?
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)