

TIPS FOR A HEALTHY HEART

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: Fill in the blanks with the given words. (Intake, Portion, Stroke, Diagnosis, Devastating, Pumped)

A, He had another _____ about half an hour ago.

B, The news was _____ to all of us.

C, I _____ five gallons of gas into my car.

D, A good rule of thumb is that a _____ of rice is two and a half handfuls.

E, Your _____ of alcohol should be reduced.

F, An accurate _____ was made after a series of tests.



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2. Do you have a healthy heart? Explain the bad effects of smoking to our heart.



3. Discuss with your partner how to prevent heart disease through diet.



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4. Role-play

A: You don't feel good with your heart. You have some symptoms which may relate to heart attack. Now you are at the hospital to have a check.

B: You are the doctor. Ask the patient about the symptoms, explain some bad habits which lead to heart disease, then give him/her some advice to have a healthy heart.



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Wrap-up

Topic: **Tips for a healthy heart**

- Have discussions about:
 - The bad effects of smoking on our heart
 - How to prevent heart disease through diet
 - Symptoms of an unhealthy heart and tips for having a healthy heart
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)