

# SIMPLE GUIDELINES FOR HEALTHY EATING

## CLASS INTRODUCTION

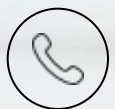
In turn introduce yourself using the following information:

- ✓ 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 30 seconds, list as many words related to the topic: “**Healthy diet**” as possible. Who gets the most correct words will be the winner. Your words must be different from others’.



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1. **What are some unhealthy foods you should avoid? What are some foods that are healthy for your body?**
3. **Why is healthy eating important? What do you think about canned, frozen and processed food?**



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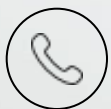


No speaker

## 4. Role-play

A: Your friend eats a lot of junk food. Persuade him/her to eat healthy food instead of junk food.

B: You are A's friend. Give him/her some advice.



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

# Wrap-up

- Topic: **Simple guidelines for healthy eating**
- Have some talks about the unhealthy foods and some reasons why eating junk food is not good for our health
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)