

SIDE EFFECTS OF LOSING WEIGHT TOO FAST

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 letter(s) in the blank(s) to complete a word.
Who gets the most correct words in the shortest time will be the winner.

Por_ion	Depre_sion	_ea_thy	T_sty
_ver_eight	E_e_cise	Stom_ch	_ffect



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2. Do you think it is more important for you to eat healthy or tasty food?

Why?

3. Discuss with your partner: “What are some wrong ways to lose weight?”



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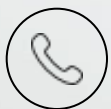


No speaker

4. Role-play

A: You want to lose weight healthily. Ask your friend for advice.

B: You are A's friend. Talk with him/her.



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Wrap-up

Topic: **Side effects of losing weight too fast**

- Have discussions about:
 - ✓ Is it more important for you to eat healthy or tasty food?
 - ✓ How to lose weight healthily?
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)