

BAD HABITS THAT AFFECT YOUR DIGESTION

In 30 seconds, answer the following questions:

- **Do you have any bad habits? What are they?**
- **Have you done anything to break your bad habits?**

Watch the video, then answer the given questions in 60 seconds:

1. What are the negative effects of alcohol abuse?
2. Is drinking a problem in your country?
If yes, give one solution to this problem.



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Wear Your Words

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

1. **Disorder (n)** /dɪs'ɔːrdər/

2. **Excessive (adj)** /ɪk'sesɪv/

3. **Intake (n)** /'ɪnteɪk/

4. **Consume (v)** /kən'suːm/

5. **Suffer (v)** /'sʌfər/

6. **Abuse (n)** /ə'bjʊːs/

Make a sentence using that word.

Example: She should reduce her daily **intake** of salt.



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Wear Your Words

Explanation of two useful idioms:

Force of habit

if you do something from or out of force of habit, you do it automatically and in a particular way because you have always done it that way in the past



A clean bill of health

a report that says somebody is healthy or that something is in good condition

Examples:

- ✓ *It's **force of habit** that gets me out of bed at 6.15 each morning.*
- ✓ *Doctors gave him **a clean bill of health** after a series of tests and examinations.*

Make a sentence using one of the given idioms.



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Structure:

S + affect + not only + something + but also + something.

Example: *Smoking affects not only our lungs but also our stomach.*

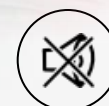
Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss with your partner some bad habits that affect your digestion.

Suggestions:

- Smoking
- Excessive coffee intake
- Carbonated drinks
- Alcohol abuse
- Fatty and spicy foods
- Eating too fast
- 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 bad habits that affect your digestion
- ✓ **Two idioms:**
 - Force of habit**
 - A clean bill of health**
- ✓ **Structure:**
 - S + affect + not only + something + but also + something.**
- ✓ Discussion about some bad habits that affect your digestion



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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>Nhấn vào ngôi sao để đánh giá</p><p>Tôi hài lòng nhất</p><div><div> Giảng viên</div><div> Chất lượng kỹ 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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