

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?

Speak Up

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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.

Video

www.Bandicam.com



Source: <https://www.youtube.com/watch?v=THuhG-TkWfg>



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Wear Your Words

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

1. **Disorder (n)** /dɪs'ɔ:rðər/ _____
2. **Excessive (adj)** /ɪk'sesɪv/ _____
3. **Intake (n)** /'ɪnteɪk/ _____
4. **Consume (v)** /kən'su:m/ _____
5. **Suffer (v)** /'sʌfər/ _____
6. **Abuse (n)** /ə'bju:s/ _____

Make a sentence using that word.

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



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Wear Your Words

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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

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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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Homework

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Complete your mission and find more in related lessons.

<h2>Your mission</h2>	<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
<h2>Recommendations</h2>	<ul style="list-style-type: none">✓ 158-pronunciation: /f/ vs. /v/ (#0310)✓ 141-healthcare (#0374)
<p>Rất hài lòng</p>  <p>Nhấn vào ngôi sao để đánh giá</p> <p>Tôi hài lòng nhất</p>    <p>Giảng viên</p> <p>Chất lượng kỹ thuật</p> <p>Học liệu</p>	<ul style="list-style-type: none">✓ Please don't forget to rate our lesson today



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