

## SIMPLE GUIDELINES FOR HEALTHY EATING

In 30 seconds, answer the following question:

- How does healthy eating affect physical and mental health?

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

**Do you agree with what people said about pork, steak or chicken in the video? Why/why not?**



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# Wear Your Words

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

1. **Unrefined (adj)** /ˌʌnrɪˈfaɪnd/

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2. **Smoothie (n)** /ˈsmuːði/

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3. **Snack (n)** /snæk/

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4. **Fiber (n)** /ˈfaɪbər/

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5. **Organic (adj)** /ɔːrˈgænik/

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6. **Persist (v)** /pərˈsɪst/

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**Make a sentence using that word.**

**Example:** *Dried fruits are especially high in fiber.*



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# Wear Your Words

Explanation of two useful phrasal verbs:

## Cut down on sth

to reduce the size, amount or number of something

## Do without

to manage without somebody/something

**Examples:** - The doctor told him to **cut down on his drinking**.

- She can't **do without** a secretary.

**Make a sentence using one of the given phrasal verbs.**



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**Structure:**

**S + can't + help + something/V-ing.**

**Example:** *I can't help eating everything she serves.*

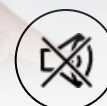
**Make a sentence using the given structure.**



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**Pair Work:** In 180 seconds, discuss with your partner some ways to eat healthier.

## Suggestions:

- ✓ Eat more fiber
- ✓ Eat more fruits and vegetables. Take vitamins
- ✓ Cook your own food
- ✓ Make raw fruits and vegetables a big part of your diet
- ✓ Eat a wide variety of foods
- ✓ Eat when you're hungry, but make sure you are really hungry



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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 healthy eating
- ✓ **Two phrasal verbs:**
  - ✓ **Cut down on something**
  - ✓ **Do without**
- ✓ **Structure: S + can't + help + something/V-ing.**
- ✓ Discussion about some ways to eat healthier



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# Homework

Complete your mission and find more in related lessons.

## Your mission

- ✓ 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

- ✓ [35-health & hygiene- present tense verbs \(#0022\)](#)
- ✓ [35-body and health vocabulary \(#0073\)](#)
- ✓ [64-health and fitness \(#0368\)](#)

Rất hài lòng



Nhấn vào ngôi sao để đánh giá

Tôi hài lòng nhất



Giảng viên



Chất lượng kĩ thuật



Học liệu

- ✓ Please don't forget to rate our lesson today



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