

SIMPLE GUIDELINES FOR HEALTHY EATING

In 30 seconds, answer the following question:

- How does healthy eating affect physical and mental health?

Speak Up

TOPICA NATIVE

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?

Video

THE FOOD CHAIN

▶ 00:00 / 01:30

Source: <http://www.dailymotion.com/video/x42dgo>

5



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Use headphones



No speaker

Wear Your Words

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

1. **Unrefined (adj)** /ʌnri'faɪnd/

2. **Smoothie (n)** /'smu:ði/

3. **Snack (n)** /snæk/

4. **Fiber (n)** /'faɪbər/

5. **Organic (adj)** /ɔ:r'gænɪk/

6. **Persist (v)** /pər'sist/

Make a sentence using that word.

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



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Wear Your Words

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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

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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 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

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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">✓ 35-health & hygiene- present tense verbs (#0022)✓ 35-body and health vocabulary (#0073)✓ 64-health and fitness (#0368) |

- | | |
|--|--|
| 
Nhấn vào ngôi sao để đánh giá | <ul style="list-style-type: none">✓ Please don't forget to rate our lesson today |
|--|--|



Nhấn vào ngôi sao để đánh giá

Tôi hài lòng nhất



Giảng viên



Chất lượng Kỹ thuật



Học liệu



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